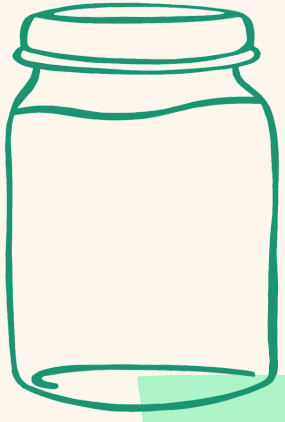
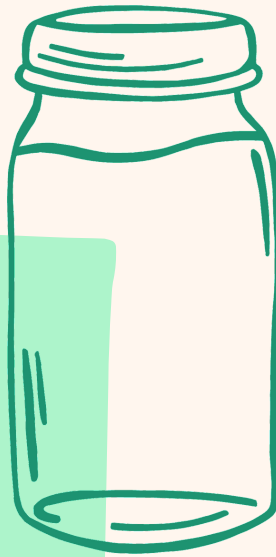


LET'S MAKE SALAD IN A JAR



Easy, healthy, and endlessly customizable!



SALAD PREP 101

When it comes to satisfying salads, go for a variety of colors and textures so your eyes and taste buds are satisfied. Be sure to buff up your veggies with a protein and a fat to help you stay full and a complex carbohydrate for lasting energy!

START HERE

Choose your dressing. Salad dressings can be a source of heart-healthy fats such as olive oil, nut and seed butters and oils, avocado, or tahini. These fats not only help you fill you up, but they also help you better absorb the vitamins in your vegetables!



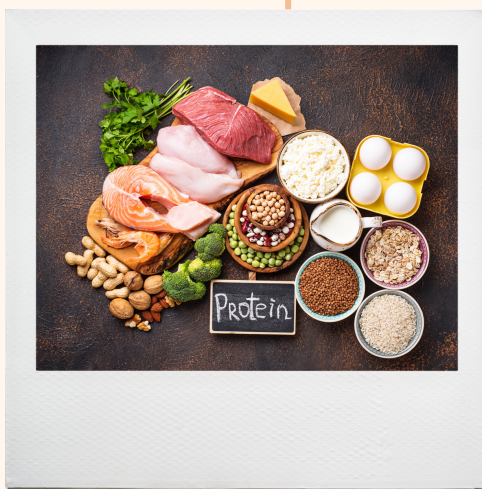
SLICE IT UP

Add your favorite raw or cooked vegetables. Good choices include: radishes, cucumber, bell pepper, carrot, celery, boiled potatoes, roasted sweet potatoes or cauliflower, or steamed green beans. You could also at this step add cooked whole grains like quinoa, wheat berries, or bulgur.



ADD SOME PROTEIN

Chickpeas, lentils, black beans, edamame, or black eyed peas are all delicious protein choices that will store safely. You can also choose other proteins like a boiled egg, chicken, turkey, ham, tuna, or salmon - but pack these separately the night before you need them.



END ON A LEAFY NOTE

Choose your leafy greens! Any kind of lettuce is great, but you can also mix in shredded cabbage, broccoli slaw, kale, or spinach. The trick is to keep your greens as far away from your dressing as possible. This will keep them fresh and crisp!

