

Super Salad in a Jar

Ingredients

- 4 tablespoons of your favorite salad dressing
- 2 cups finely chopped carrots
- 1 cup cooked barley, brown rice, or quinoa (or any grain)
- 1 cup chopped grilled chicken breast or other protein of your choice
- 2 cups mixed greens
- 4 tablespoons silvered almonds

Directions!

1. Divide the ingredients in order listed between 2 24-ounce mason jars.
2. When ready to eat, turn the jars upside down to mix the salad ingredients with the dressing.

makes 2 servings

2211 Meal Plan Servings

- 2 - carrots and greens
- 2 - chicken and almonds
- 1 - 1/2 cup cooked grain
- 1 - salad dressing and almonds

**EAT MOVE
GROOVE**