



Steps:

Open the jar and place lid to the side.  
(1 1/2 quart or quart sized jar.)

Layer 1: Pour 1-2 TB salad dressing on the bottom. A vinaigrette works best. Make sure Layer 2 covers Layer 1.

Layer 2: Add hearty vegetables: tomatoes, cucumbers, onion, celery, carrots, asparagus, broccoli, cauliflower or peppers (veggies that will mix well with the vinaigrette). 1/4 - 1/2 cup.

Layer 3: Add other vegetables: mushrooms, zucchini, sprouts, avocado (add lemon juice to prevent oxidation), green beans, lima beans or corn, peas. 1/4 cup.

Layer 4: Add grain layer: pasta, rice, quinoa or Farro. Select whole grains. Avoid processed grains like white rice. 1/4 cup.

Layer 5: Add proteins: eggs, garbanzo beans or other beans, shrimp, diced chicken or ham. 1/4 cup.

Layer 6: Add the leafy greens: arugula, spinach or spring mix. Dark, leafy greens are best.  
1 1/2 - 2 cups.

Layer 7: Add cheese: feta, goat, blue cheese, parmesan, Mexican blend, pepper jack. 1 TB.

Layer 8: Add nuts, seeds, fresh or dried fruit. 1TB.

Close the jar. Consider adding a piece of wax paper before placing the lid on the jar. Serve on plate and remember a fork.

Keep refrigerated. Stays fresh 3-5 days.

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