

# MASON JAR SALAD WITH CHICKEN

## INGREDIENTS

- 1/2 tsp. Sea salt
- 1/4 tsp. Black pepper
- 2/3 cup Grape tomatoes - halved
- 2/3 cup Cucumbers - chopped
- 2 tbsp. Red onions - diced or sliced
- 3 oz Chicken breast - grilled or baked in the oven, cubed
- 1/4 cup Feta cheese (for Maintenance only)
- 1 cup Romaine lettuce - chopped, packed to measure
- Ideal Protein trail mix
- Any approved dressing

## PREPARATION

1. Layer the ingredients as in order - approved salad dressing, tomatoes, cucumbers, red onions, chicken, feta cheese (if using), and romaine lettuce. Do not mix together.
2. Now, place lid on the jar and refrigerate until ready to eat, up to 3-5 days.
3. When ready to eat, add Ideal Protein Trail Mix and shake the jar vigorously to mix everything together.
4. Pour into a bowl to eat.
5. Enjoy!

