

# MEAL PREP LOW CARB BIG MAC SALAD JARS



## INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Extra-lean Ground Beef	1 lb.	Big Mac Sauce	2 Cups
Salt	½ Tsp.	Romaine Lettuce, Chopped	½ Cup
Yellow Onion, Diced	1	Walden Farms 1000 Island	½ Cup
Dill Pickles, Chopped	½ Cup	Ketchup	2 Tbsp.
Plum Tomatoes, Diced	2	Relish	1 Tbsp.
Cheddar Cheese, For Maintenance	¼ Cup		



## PREPARATION

- 👉 In a skillet over medium heat, cook the extra-lean ground beef until browned and cooked through. Season with salt to taste. Set aside to cool.
- 👉 In a large jar or container, layer the ingredients starting with the diced yellow onion at the bottom.
- 👉 Add a layer of chopped dill pickles on top of the onion.
- 👉 Next, add a layer of diced plum tomatoes.
- 👉 Sprinkle grated cheddar cheese on top of the tomatoes.
- 👉 Add a generous dollop of the Big Mac Sauce.
- 👉 Layer the cooked and cooled ground beef on top of the sauce.
- 👉 Add a layer of chopped romaine lettuce.
- 👉 Finish by drizzling Walden Farms 1000 Island dressing, sugar-free ketchup, and relish on top.
- 👉 Repeat the layers for each salad jar.
- 👉 Seal the jars tightly and refrigerate for up to 4-5 days.