**Mason Jar Salads Tips & Tricks!!**

1. Make sure your jars are clean with no chips or cracks and be sure you have a lid that fits BEFORE you start to fill the jar. Trust me on this one!!! Check first!!
2. Think about the way you will layer your salad… it is important to keep thinking about the “soggy” aspect when layering your salad.
	1. Layer 1: Dressing – you can pour it directly in the bottom of the jar or you could put it in a 2oz souffle cup with a lid. When you dump out your salad, the dressing cup will be on top ready to pour over your salad.
	2. Layer 2: Firm fruits & veggies like; celery, peppers, sugar snap peas, carrots, onion, apples, pears
	3. Layer 3: Veggies that soak up dressing like; cucumbers, mushrooms, zucchini, beans, cauliflower, grapes, strawberries & raspberries. Unless you are making a fruit dressing & you WANT the fruit to be saturated, then you should put it in layer 1.
	4. Layer 4: Cooked grains like; quinoa, einkorn wheat, couscous, firm pasta or rice (if you are eating low carb, you can omit this layer all together.
	5. Layer 5: Soft toppings like: Avocado, hard boiled eggs, cheese, turkey, chicken, beef or fish. If you have made a tuna salad or anything that has the dressing mixed in, make sure you add this in layer 1 NOT layer 5.
	6. Layer 6: Use those amazing greens like: Kale, romaine, green & red lettuce, spinach, dandelion greens, beet greens or arugula. You can even use radish greens & carrot tops. Use a variety – all the greens have unique minerals & vitamin profiles.
	7. Layer 7: Crunchy toppings like; cashews, hemp seeds, chia seeds, sunflower seeds, walnuts, granola, pumpkin seeds … let your mind go crazy! I usually bring the crunchy stuff in a 1oz souffle cup. I like that added crunch!!
3. Make sure you press all the ingredients in tight. I actually use the souffle cup to push the greens down. You want as little air as possible left in the jar.
4. Personally, I make several of these on Sundays. Most will last 5 – 7 days.
	1. SOME ingredients only stay fresh for a 2 – 3 days and should be added the day you are eating the salad like: hard boiled eggs last 2 -days in the salad & up to a week in the fridge, avocado stays better if coated in lime or lemon juice but still only stays fresh for 2 days in the salad, Sprouts, should be added after the greens & really only stay fresh for 2 days – they can mold really easy.
	2. Use your common sense: look, smell & feel it --- if it is slimy or stinky please toss it out.
5. I do not like eating the exact same thing every day. I make several dressings in one day & freeze 2oz portions in an ice cube tray. Then dump them in a baggie or a mason jar. I just drop one or two in my jar for layer 1. If you have 24 hours, it will be melted by the time you eat it. This allows me to have variety in my salads.
6. Make sure you rotate your greens & veggies. We need a wide variety of every green thing
7. I do not eat them out of the jar unless I have zero options. I feel like I never get them fully mixed if I leave it in the jar. I just dump it onto a plate. Pour on the dressing & crunchy bits and enjoy!
8. If you are trying to increase the amount of greens you are eating, use a 32 oz jar & make sure about ½ is greens. If you are not pushing greens, you could probably use a small jar.
9. ANY jar with a tight-fitting lid will work! Grab those old pickle jars & put them to good use!!
10. Just think to yourself, “Will this become soggy or dried out in 7 days?” If you are not sure, just run with it!! Have fun!!! Mix things up. Try new combos.