

10 Amazing MASON JAR SALAD RECIPES



WELCOME



Hi there!

My name is Karla, and I'm a Certified Personal Trainer and an Integrative Nutrition Health Coach through The Institute for Integrative Nutrition. I'm also the head trainer for the in-home trainers in the Waterloo region.

We help people to become the best version of themselves. Working with us, we will explore your wellness goals, so we'll be able to offer you the plan which best suits your needs based on those goals. It's your journey, and we just will be a guide to help you feel empowered to take action in your life and make changes in those areas where you don't feel happy.

It's our passion to teach and inspire others to live healthfully and live the best possible life.

Are you ready?

Love,
Karla

10 AMAZING SALAD JAR RECIPES

With the scorching hot weather gearing up, salads are an essentiality to add to your daily and weekly meals. Mason salad jars are an easy and quick way to plan an entire week of great salads ahead of time. They are very quick to make; within a matter of minutes, you will have your deliciously dressed salads all ready.

The ease of mason jar salads is that you can store them in the fridge for at least a week. It will taste extremely fresh and you won't have to make an extra hassle for maintaining your healthy lifestyle either. Tasty and clean salads keep you eating healthily for lunch all the time.

It is really quick to make!

Let's get started!

HOW TO MAKE A MASON JAR SALAD?

You will need a little planning for making a mason jar salad, but it is actually quick and easy to make. Here are the basic steps that you need to follow in order to make a mason jar salad that tastes heavenly great and is healthy too.

- Decide the ingredients and prepare them.
- Once the ingredients have been prepared, you head on to make the dressing.
- Layering of the mason jar salad is the most important step and you need to do it carefully; this is all about how you have strategized the process.
- Eat it right away or store it in the refrigerator for a week or 5 days.

Tips for preparing the salad:

- The very first thing to do is to select the jar correctly. The wide mouthed jars are the most convenient jars to grab for your mason salads. This makes it easy to layer the salad. Furthermore, it is easier to shake them out of the jar as well. You can also take smaller and larger sizes according to your meals. For example, if you want a

smaller portion during lunch then store the salad in a small sized jar. However, make sure that the mouth of the jar is wide.

- Secondly, preparing the ingredients is going to make the process easier. Cut down your vegetables and cook your protein before making the dressing. NEVER start dressing and preparation of ingredients side by side. It will confuse you and might lead to a salad that looks nothing less than a disaster. If you are a freak for portions, then use your kitchen scale!
- Lastly, the most important part of mason jar salad is its layering. Embracing the perfect layering is the best way to make your salad taste wonderful. So, let's get into it!

HOW TO LAYER A MASON JAR SALAD?

As mentioned above, layering is the most important part and you must know the basics for it.

Here is what you need to do, in order to build a wonderful mason jar salad!

- The salad dressing goes at the very bottom of the jar. 1-4 tablespoons of the dressing go at the bottom. It really depends on your taste and how much do you prefer. Don't exceed more than 4 tablespoons. It also depends on the ingredients that are going to go in the salad. If there are less ingredients than the dressing also goes in less amount.
- Now, continue layering the jar with vegetables and fruits. Hard and non-absorbent veggies go in the jar, after the dressing so that they do not soak into the dressing right away.
- Once you have layered the dressing with veggies and fruits, add grains to the jar and then add in protein.
- After you have added the protein; add in the remaining soft veggies. Always remember that soft veggies go afterwards and not at the bottom.
- Top the soft veggies and fruits with cheese and nuts etc. (according to your preferences).
- At the end, add greens to the jar to top it all off. Lettuce is the best salad green to top your mason jar salad with. You can add as much greens as you want as they are extremely healthy and then tightly squeeze the jar close.

Once you understand the layering; your mason jar salad becomes as easy as anything. Just make sure that you plan the layering beforehand so that you don't get confused at the very moment. It might take you an attempt or two to get it perfect but once you get your hands straight on it; this is the easiest salad fixie that you will fall in love with.

HOW TO EAT A MASON JAR SALAD

Don't try to eat the salad out of the jar. Yes, you can give it a try and you might be able to get some lettuce in your mouth but nothing more than that. So, the question arises that how do you actually eat a salad from the jar?

It is easy, but only if you don't try to eat it from within the jar.

Simply unscrew the jar a bit and give the entire salad a shake. This will mix the dressing with the ingredients really well. Then shake the salad out of the jar into a bowl or plate. Toss it properly so that all the ingredients get mixed nicely. And you are good to munch down the scrumptious and healthy salad!

HOW LONG DOES A MASON JAR SALAD LAST?

Many people have no idea about how long they can keep their mason jar salad stored in the fridge and that is just fine. As a beginner of healthy lifestyle, one is unaware of several things. Generally, mason jar salads last 5 days. However, if you do not store them properly, they won't even last 3 days. Now, by storing them properly, we mean that you must know the temperature of your fridge. If your fridge is not cooling the salad enough; it will fall apart within a day or two. Also, the jar must be closed tightly. If air is constantly getting in the jar, it will ruin the veggies and fruits, especially the lettuce leaves.

Thus, if you have stored the mason jar salad properly, it will easily last for 4-5 days. Many people say that they have stored their salad for up to 6 days as well. However, it is best that you don't exceed 5 days.

Final Verdict:

- Mason jar salads are the best thing to know about if you are adapting a healthy lifestyle. They are yummy to eat and by learning new dressings, you can twist the taste and flavors a lot, as you require. Make a jar or 2 of mason jar salads and store them in your fridge to eat healthy on the go, without extra hassle. And they are very easy to make so you don't need a lot of time for preparing them as well.

Here are your 10 Amazing Mason Jar Salad Recipes!

MEDITERRANEAN SALAD

Serves 4

1/4 cup extra virgin olive oil
 1 large lemon, juiced
 3 tablespoons apple cider vinegar
 2 cloves garlic, minced
 1 teaspoon maple syrup
 1 teaspoon dried oregano
 Sea salt and black pepper, to taste
 1 small red onion, chopped
 1 cucumber, chopped
 1 15-ounce can chickpeas, drained and rinsed
 1 cup grape tomatoes, halved
 1/2 cup feta cheese
 2 heads romaine lettuce

Omnivore Option: 8 slices nitrate-free deli roast beef

Mix the olive oil, lemon juice, vinegar, garlic, maple syrup, oregano, sea salt, and black pepper in a small bowl. Whisk the ingredients together and pour between 4 quart-sized mason jars.

Next, divide the ingredients between the 4 jars in the following order: onion, cucumber, chickpeas, tomatoes, feta cheese, roast beef (optional), and romaine. Close the jar and place in the refrigerator up to 3 days. Pour the jar into a serving bowl when ready to eat.

BLACK BEAN AND SWEET POTATO SALAD

Serves 4

2 lemons, juiced
 1 teaspoon dried thyme
 1 garlic clove, minced
 1/4 cup extra virgin olive oil
 Sea salt and black pepper, to taste
 1 small red onion, sliced
 1/2 cup sliced radishes
 1 15-ounce can black beans, drained and rinsed
 2 roasted sweet potatoes, cold
 2 cups arugula

Omnivore Option: 1-pound peeled shrimp

Mix lemon juice, thyme, garlic, olive oil, sea salt, and black pepper, to a small bowl. Whisk the ingredients together and pour between 4 quart-sized mason jars.

Next, add the remaining ingredients in the following order: onion, radishes, black beans, sweet potatoes, shrimp (optional), and arugula. Close the mason jar tightly and place in the refrigerator up to 3 days. Pour the salad into a bowl when ready to serve.

To Make the Shrimp: Place a large pot of water on the stove. Turn the heat to medium-high and wait for the water to simmer (not a full-on rolling boil). When you start to see tiny bubbles in the water, add the thawed, peeled shrimp. Allow the shrimp to cook for about 3 to 5 minutes. The shrimp should turn an opaque pink color. Immediately drain the shrimp into a colander and allow to cool under cold water to stop the cooking process. Lightly season the shrimp with garlic powder, sea salt, and black pepper. It's important that the shrimp be cool so that it does not wilt the arugula while in the jar.

COBB SALAD WITH ROASTED MUSHROOMS AND RANCH DRESSING

Serves 4

2 cups chopped mixed mushrooms
 1 tablespoon coconut oil
 Sea salt and black pepper, to taste
 1 cup raw sunflower seeds, soaked and drained
 1 garlic clove
 ½ bunch fresh dill
 ½ cup nondairy milk
 2 large lemons, juiced
 1 cup cherry tomatoes, halved
 1 cup frozen corn kernels, thawed (excess water removed)
 2 avocados
 2 heads romaine lettuce, chopped

Omnivore Option: 1 roasted chicken from the deli section of the grocery store (cold)

Preheat the oven to 400 degrees F.

Add chopped mushrooms to a mixing bowl. Coat with coconut oil and season with sea salt and black pepper. Mix well and layer onto a baking sheet. Bake in the oven for 20 minutes until they start to brown. Place in the refrigerator to cool completely before adding to the mason jar to prevent the salad from wilting.

To make the salad dressing, add sunflower seeds, garlic, dill, nondairy milk, lemon juice, sea salt, and black pepper to a high-speed blender. Blend until smooth. Divide the dressing between 4 quart-sized mason jars.

Next, add the remaining ingredients in the following order: tomatoes, corn, cold chicken (optional), sliced avocados, and romaine lettuce. Close the mason jar tightly and place in the refrigerator up to 3 days. Pour the salad into a large bowl when ready to serve.

HERB SALAD WITH LEMON TAHINI DRESSING

Serves 4

2 tablespoons tahini
 ¼ cup extra virgin olive oil
 2 lemons, juiced
 1 garlic clove, chopped
 Sea salt and black pepper, to taste
 1 large cucumber, chopped
 1 cup grape tomatoes, halved
 1 15-ounce can chickpeas
 2 cups mixed greens
 1 bunch fresh mint leaves, minced
 1 bunch fresh parsley, minced
 1 bunch fresh cilantro, minced
 1 bunch scallions, chopped

Omnivore Option: 4 hard-boiled eggs (whole and unpeeled)

Mix tahini, olive oil, lemon juice, garlic, sea salt, and black pepper in a small bowl. Mix well and divide between 4 quart-sized mason jars.

Next, divide the remaining ingredients between the jars in the following order: cucumber, tomatoes, chickpeas, mixed greens, mint leaves, parsley, cilantro, scallions, and egg. Close the mason jar tightly and place in the refrigerator for up to 3 days. Pour the salad into a bowl when ready to serve.

GREEK SALAD WITH OLIVES

Serves 4

2 large lemons, juiced
 ¼ cup extra virgin olive oil

1 teaspoon dried thyme
 1 teaspoon dried oregano
 Sea salt and black pepper, to taste
 1 small red onion, chopped
 1 cucumber, chopped
 1 cup grape tomatoes, halved
 1 cup Greek pitted olives
 ½ bunch parsley, minced
 2 heads romaine lettuce

Omnivore Option: 4 pan-seared salmon fillets, served cold

Mix **lemon juice**, olive oil, thyme, oregano, sea salt, and black pepper in a small bowl. Whisk and divide the dressing between 4 quart-sized mason jars.

Next, divide the remaining ingredients in the following order: onion, cucumber, tomatoes, olives, salmon (optional), parsley, and romaine lettuce. Close the mason jar and store in the refrigerator up to 3 days. Pour into a bowl when ready to serve.

To Make the Salmon: Coat 4 salmon fillets with coconut oil, sea salt, and black pepper. Next, place a large sauté pan on the stove over medium heat. Add fillets to the pan and cook for about 5 minutes per side. The fish should be cooked through the middle. Allow the fish to cool completely before adding to the mason jar to prevent the salad from wilting.

TACO SALAD WITH ROASTED TOMATO DRESSING

Serves 4

4 large vine-ripened tomatoes, roughly chopped
 1 bulb garlic, separated and paper removed
 1 jalapeño (optional)
 1 large onion, chopped
 1 tablespoon coconut oil
 1 teaspoon cumin powder
 Sea salt and black pepper, to taste
 2 limes, juiced
 2 tablespoons apple cider vinegar
 ¼ cup extra virgin olive oil
 1 large cucumber, chopped
 1 large red bell pepper, chopped
 1 cup shredded carrots
 ½ cup sliced radishes
 1 cup black olives

2 avocados, sliced
 2 cups baby spinach
 ½ bunch cilantro

Omnivore Option: 1-pound ground beef

Preheat the oven to 400 degrees F.

Mix the vine-ripened tomatoes, garlic, jalapeño and onion in a large mixing bowl. Coat with coconut oil and season with cumin powder, sea salt, and black pepper. Layer onto a baking sheet and bake for 30 to 40 minutes until golden brown. Remove from the oven and set aside to cool completely. Blend the roasted vegetables in a high-speed blender with lime juice, vinegar, and olive oil. Divide the dressing between 4 quart-sized mason jars.

Next, divide the remaining ingredients to the mason jars in the following order: cucumber, bell pepper, carrots, radishes, olives, ground beef (optional), avocados, baby spinach, and cilantro.

To Make the Ground Beef: Add a large sauté pan over medium heat. Add a tablespoon of coconut oil to the pan. Once the oil has melted, add the ground beef. Season with 1 tablespoon of cumin powder, sea salt, and black pepper. Break up the meat with a spatula. Continue to sauté until the meat is browned (about 5 to 7 minutes). Set the meat to the side to cool completely before adding to the mason jar to prevent wilting. Drain the excess oil from the meat on paper towels.

HAPPY HORMONES SALAD

Serves 4

2 lemons, juiced
 1 garlic clove, chopped
 ¼ cup extra virgin olive oil
 1 teaspoon dried basil
 Sea salt and black pepper, to taste
 1 small red onion, chopped
 1 cup grape tomatoes, halved
 2 oranges, peeled and separated
 1 large cucumber, chopped
 ½ cup raw pumpkin seeds
 2 avocados, sliced
 16 ounces shredded coleslaw (vegetables only)
 ½ cup dried cranberries

Omnivore Option: 8 slices nitrate-free deli turkey slices

Add lemon juice, garlic, olive oil, basil, sea salt, and black pepper to a small bowl. Mix well and divide the dressing between 4 quart-sized mason jars.

Divide the remaining ingredients between the jars in the following order: onion, tomatoes, oranges, cucumber, pumpkin seeds, avocado, Cole slaw, turkey slices (optional), and cranberries. Close the jar and store in the refrigerator up to 3 days. Pour into a bowl when ready to serve.

HONEY LIME BLACK BEAN AND QUINOA SALAD

Serves 4

4 limes, juiced
 1 tablespoon honey
 ¼ cup extra virgin olive oil
 1 teaspoon cumin powder
 1 garlic clove, chopped
 Sea salt and black pepper, to taste
 1 large cucumber, chopped
 1 cup grape tomatoes, halved
 1 large orange or yellow bell pepper, chopped
 1 15-ounce can black beans, drained and rinsed
 2 cups cooked quinoa, cold (see cooking directions on package)
 2 cups mixed greens (whole, not peeled)

Omnivore Option: 4 boiled eggs

Mix lime juice, honey, olive oil, cumin, garlic, sea salt, and black pepper in a small mixing bowl. Divide between 4 quart-sized mason jars.

Divide the remaining ingredients between the jars in the following order: cucumber, tomatoes, bell pepper, black beans, quinoa, mixed greens, and egg.

ROASTED BEET AND GOAT CHEESE SALAD WITH MAPLE MUSTARD DRESSING

Serves 4

2 large beets, trimmed and scrubbed
 ¼ cup apple cider vinegar

¼ cup extra virgin olive oil
 1 tablespoon Dijon mustard
 1 tablespoon maple syrup
 Sea salt and black pepper, to taste
 2 pears, cored and sliced
 ½ cup raw walnuts
 ½ cup crumbled goat cheese
 2 cups arugula
 2 avocados, sliced

Omnivore Option: 2 5-ounce cans salmon (drain excess liquid)

Preheat the oven to 450 degrees F.

Wrap trimmed and washed beets in aluminum foil. Place in a baking pan and bake for 45 minutes to 1 hour. The beets are done when they can be pierced with a fork through the center without resistance. Set aside to cool completely before adding to the jar to prevent wilting.

Add vinegar, olive oil, mustard, maple syrup, sea salt, and black pepper to a small bowl. Mix well and divide between 4 quart-sized mason jars.

Next, divide the following ingredients between the jars in the following order: pears, chopped beets, walnuts, salmon (optional), goat cheese, arugula, and avocado,

BLUEBERRY PECAN AND GOAT CHEESE SALAD

Serves 4

2 lemons, juiced
 ¼ cup extra virgin olive oil
 ¼ cup lemon juice
 1 teaspoon dried thyme
 Sea salt and black pepper, to taste
 1 small red onion, sliced
 1 large cucumber, chopped
 ½ cup pecans
 ½ cup goat cheese
 2 cups spinach
 1 cup fresh blueberries

Omnivore Option: 2 5-ounce cans of tuna (drain excess liquid)

Add lemon juice, olive oil, lemon juice, thyme, sea salt, and black pepper to a small bowl. Mix well and divide between 4 quart-sized mason jars.

Next, divide the remaining ingredients between the jars in the following order: onion, cucumber, pecans, tuna (optional), goat cheese, spinach, and blueberries.

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And let's change the game together!

Love,

Karla Pena

Certified Personal Trainer

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