



**STEP 1:**

Open up a mason jar. (You're doing great already – you got this!)

**STEP 2:**

Select your recipe, and layer ingredients in jar in order listed.

**STEP 3:**

Pop the lid back on, refrigerate, and you're good to go.

**STEP 4:**

When you're ready to eat, dump it into a bowl and heat if necessary.

**(It's really that easy.)**

**Recipe 1:**

On-The-Go Burrito Bowl.



Salsa of choice + chopped avocado + black beans + roasted corn + seasoned ground turkey/beef + brown rice + chopped lettuce

**Recipe 2:**

Salty-sweet snack break.



Almond butter + celery sticks + a handful of pretzels.

**Recipe 3:**

Caprese Salad.



Balsamic vinaigrette + whole grape tomatoes + mozzarella + fresh spinach + fresh basil

**Recipe 4:**

Greek Salad



Vinaigrette dressing + feta + pitted olives + halved cherry tomatoes + sliced cucumber + chopped romaine

**Recipe 5:**

Veggie snack.



Big scoop of hummus + sliced red and yellow bell peppers

**Recipe 6:**

Create-your-own!

Dressing/wet ingredients + soft vegetables + hard vegetables + meats/cheeses + grains + salad/greens. Toss whatever combo sounds sweet to you in the jar, and you've got yourself a meal!