



## HOW TO MAKE A SALAD IN A JAR



### 6th LAYER

#### Seeds and cereals

*Amaranth, chia, sesame or sunflower seed.*

### 5th LAYER

#### Leafy vegetables

*Lettuce, arugula or cabbage.*

### 4th LAYER

#### Delicate ingredients

*Mushrooms, broccoli, or heart of palm.*

### 3rd LAYER

#### Vegetables and legumes

*Carrots, beets, white beans or chickpeas.*

### 2nd LAYER

#### Vegetables with more water

*Tomato, cucumber or radish.*

### 1st LAYER

#### Sauces and proteins

*Olive oil, balsamic vinegar, lemon juice, homemade sauce of your choice, tuna, shredded chicken, or tofu.*