“YOU PICK” SALAD IN A JAR

Salad Dressing:
- ❑ Italian
- ❑ Caesar
- ❑ Thousand Island
- ❑ Honey Mustard
- ❑ Ranch
- ❑ Balsamic vinaigrette
- ❑ Coleslaw
- ❑ Olive Oil

Proteins:
- ❑ Salmon
- ❑ Tuna
- ❑ Chicken
- ❑ Turkey
- ❑ Tofu
- ❑ Hard boiled egg
- ❑ Chick Peas
- ❑ Cottage cheese
- ❑ Mozzarella cheese
- ❑ Feta cheese
- ❑ Cheddar cheese
- ❑ Quinoa

Lettuce:
- ❑ Iceberg
- ❑ Spinach
- ❑ Romaine
- ❑ Mixed greens
- ❑ Green cabbage
- ❑ Spring mix

Healthy Toppings:
- ❑ Walnuts
- ❑Pecans
- ❑Pine nuts
- ❑ Raisins
- ❑Almonds
- ❑Sunflower seeds

Toppings (to be used in moderation):
- ❑ Ramen noodles
- ❑ Craisins
- ❑ French fried onions
- ❑ Croutons
- ❑ Mandarin oranges

Vegetables:
- ❑Pepper
- ❑Cucumber
- ❑Red onion
- ❑Carrots
- ❑ Cauliflower
- ❑ Tomatoes
- ❑ Snap peas
- ❑ Green beans
- ❑ Olives
- ❑Hearts of palm
- ❑ Asparagus
- ❑ Red cabbage
- ❑ Scallions
- ❑ Broccoli
- ❑ Avocado