ENGLISH EDITION

365

Healthy Salads in a Jar

Practical, attractive and balanced recipes for everyday life





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RECIPE 01

Grilled Chicken with Lettuce, Tomato and Carrot

Light, colorful and easy to prepare, this salad in a jar combines grilled chicken, fresh greens, tomato and carrot for a balanced, flavorful everyday meal.



Budget-friendly | Protein source | Fitness | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
320 kcal / serving	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup grilled chicken, cubed or shredded
- 4 lettuce leaves, washed
- 1 tomato, seeded and chopped
- 1/2 carrot, grated
- 2 tbsp sweetcorn
- 2 tbsp chopped cucumber
- 1 tbsp sliced red onion
- 1 tbsp chopped parsley and scallions
- Salt and pepper to taste

METHOD

1. Gather and wash the ingredients.
2. Grill the chicken or shred already cooked chicken.
3. Chop the tomato and cucumber.
4. Grate the carrot and slice the onion.
5. Mix the yogurt and lemon dressing.
6. Place the dressing in the bottom of the jar.
7. Build the layers and finish with lettuce.
8. Close the lid and refrigerate.

DRESSING / ASSEMBLY

- 2 tbsp plain yogurt
- 1 tsp olive oil
- 1 tsp lemon juice
- A pinch of oregano
- Layer in this order: dressing, tomato, cucumber, carrot, corn, chicken and lettuce on top.

HOW TO SERVE

Keep refrigerated. When ready to eat, tip the jar onto a plate or mix well to coat the ingredients with dressing while keeping the greens fresh.

CHEF'S TIPS

- Always add the greens last to prevent wilting.
- Replace the yogurt with mustard and lemon dressing if desired.
- Eat within 2 days for the best freshness.

RECIPE 02

Chicken with Corn, Carrot and Leafy Greens

A light, nutritious combination, perfect for busy days. Shredded chicken with corn, carrot and greens makes a flavorful, convenient and balanced salad in a jar.



Budget-friendly | Protein source | Fitness | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
315 kcal / serving	**18 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1 cup leafy greens, washed
- 3 tbsp sweetcorn
- 1/2 carrot, grated
- 1/2 tomato, chopped
- 2 tbsp chopped cucumber
- 1 tbsp sliced red onion
- Salt and pepper to taste

METHOD

1. Gather and wash the ingredients.
2. Shred or heat the chicken.
3. Chop the tomato and cucumber.
4. Grate the carrot and slice the onion.
5. Mix the light dressing.
6. Place the dressing in the bottom of the jar.
7. Build the layers and finish with greens.
8. Close the lid and refrigerate.

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tbsp plain yogurt
- A pinch of oregano
- Layer in this order: dressing, tomato, cucumber, carrot, corn, chicken and greens on top.

HOW TO SERVE

Keep in the refrigerator and mix only when ready to eat. This keeps the greens fresh and preserves the salad's texture and flavor.

CHEF'S TIPS

- Use sturdier greens so they last longer in the jar.
- Corn pairs well with parsley or a parsley-and-scallion mix.
- Eat within 2 days.

RECIPE 03

Chicken with Beetroot and Red Cabbage

Colorful, crunchy and delicious, this salad in a jar brings together shredded chicken, beetroot and red cabbage in a convenient, refreshing meal full of texture.



Budget-friendly | Protein source | Fitness | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
325 kcal / serving	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1/2 cup cooked beetroot cubes
- 1/2 cup thinly sliced red cabbage
- 1 cup lettuce, washed
- 1/2 carrot, grated
- 2 tbsp sweetcorn
- 1 tbsp chopped parsley and scallions
- Salt and pepper to taste

METHOD

1. Gather and wash the ingredients.
2. Cook and cut the beetroot.
3. Slice the cabbage and prepare the greens.
4. Grate the carrot and shred the chicken.
5. Mix the seasoned dressing.
6. Place the dressing in the bottom of the jar.
7. Build the layers carefully.
8. Close the lid and keep refrigerated.

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp vinegar
- 1 tsp lemon juice
- A pinch of salt
- Layer in this order: dressing, beetroot, carrot, corn, chicken, red cabbage and lettuce on top.

HOW TO SERVE

Mix well when serving to distribute the dressing among the vegetables and chicken. This combination tastes great chilled and is ideal for carrying in an insulated lunch bag.

CHEF'S TIPS

- The beetroot should be cold before assembling.
- Red cabbage adds crunch and keeps well in the jar.
- Eat within 2 days for the best freshness.

RECIPE 04

Chicken with Chickpeas and Tomato



This salad in a jar is a complete, satisfying meal. Chicken, chickpeas and tomato make a convenient, nutritious combination, perfect for a light lunch.

Budget-friendly | Protein source | Fitness | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
345 kcal / serving	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1/2 cup cooked chickpeas
- 1 tomato, chopped
- 1 cup lettuce or mixed greens
- 1/2 carrot, grated
- 2 tbsp chopped cucumber
- 1 tbsp red onion
- Salt and pepper to taste

METHOD

1. Gather and wash the ingredients.
2. Cook or drain the chickpeas.
3. Shred the chicken and chop the tomato.
4. Chop the cucumber and grate the carrot.
5. Mix the mustard dressing.
6. Place the dressing in the bottom of the jar.
7. Build the layers and finish with greens.
8. Close the lid and chill.

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tsp mustard
- A pinch of oregano
- Layer in this order: dressing, tomato, cucumber, carrot, chickpeas, chicken and greens.

HOW TO SERVE

Mix well before eating to coat the chickpeas and chicken with dressing. An excellent choice for a complete, convenient meal.

CHEF'S TIPS

• Drain the chickpeas thoroughly to prevent excess liquid.
• Add fresh parsley if desired.
• Eat within 2 days.

RECIPE 05

Chicken with Broccoli and Carrot

A light, balanced choice, this salad in a jar combines shredded chicken, broccoli and carrot in a simple, nutritious and flavorful recipe.



Budget-friendly | Protein source | Low carb | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
300 kcal / serving	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1/2 cup broccoli, cooked al dente
- 1/2 carrot, grated
- 1 cup lettuce or leafy greens
- 1/2 tomato, chopped
- 2 tbsp chopped cucumber
- 1 tbsp red onion
- Salt and pepper to taste

METHOD

1. Gather and wash the ingredients.
2. Cook the broccoli al dente.
3. Shred the chicken and chop the tomato.
4. Chop the cucumber and grate the carrot.
5. Mix the creamy dressing.
6. Place the dressing in the bottom of the jar.
7. Build the layers and finish with greens.
8. Close the lid and refrigerate.

DRESSING / ASSEMBLY

- 1 tbsp plain yogurt
- 1 tsp olive oil
- 1 tsp lemon juice
- A pinch of garlic powder
- Layer in this order: dressing, tomato, cucumber, carrot, broccoli, chicken and greens.

HOW TO SERVE

Serve chilled or slightly cool, mixing the ingredients just before eating. The broccoli should be cold to preserve the ideal texture.

CHEF'S TIPS

• Avoid overcooking the broccoli so it does not become soft.
• Carrot adds extra crunch to the jar.
• Eat within 2 days.

RECIPE 06

Chicken with Cucumber and Cherry Tomatoes

Refreshing, light and easy, this salad in a jar combines chicken, cucumber and cherry tomatoes for a fresh, flavorful meal at any time of day.



Budget-friendly | Protein source | Low carb | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal / serving	**17 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cubed or shredded chicken
- 1/2 cucumber, chopped
- 6 cherry tomatoes, halved
- 1 cup leafy greens
- 1/2 carrot, grated
- 2 tbsp sweetcorn
- 1 tbsp chopped parsley and scallions
- Salt and pepper to taste

METHOD

1. Gather and wash the ingredients.
2. Prepare the cooked or grilled chicken.
3. Chop the cucumber.
4. Halve the cherry tomatoes.
5. Mix the seasoned dressing.
6. Place the dressing in the bottom of the jar.
7. Build the layers and finish with greens.
8. Close the lid and refrigerate.

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tsp vinegar
- A pinch of oregano
- Layer in this order: dressing, cherry tomatoes, cucumber, carrot, corn, chicken and greens.

HOW TO SERVE

Perfect for hot days, this salad should be mixed just before eating to preserve the cucumber's texture and the freshness of the greens.

CHEF'S TIPS

- Remove excess cucumber seeds if desired.
- Cherry tomatoes make the salad juicier.
- Eat within 2 days.

RECIPE 07

Chicken with Cabbage and Corn

Crunchy and flavorful, this salad in a jar combines chicken, cabbage and corn in a simple, convenient recipe, ideal for a light everyday meal to take with you.



Budget-friendly | Protein source | Gluten-free | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
310 kcal / serving	**18 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1/2 cup thinly sliced cabbage
- 3 tbsp sweetcorn
- 1 cup lettuce or leafy greens
- 1/2 carrot, grated
- 1/2 tomato, chopped
- 1 tbsp red onion
- Salt and pepper to taste

METHOD

1. Gather and wash the ingredients.
2. Shred the chicken.
3. Slice the cabbage and prepare the greens.
4. Grate the carrot and chop the tomato.
5. Mix the light dressing.
6. Place the dressing in the bottom of the jar.
7. Build the layers and finish with greens.
8. Close the lid and keep refrigerated.

DRESSING / ASSEMBLY

- 1 tbsp plain yogurt
- 1 tsp lemon juice
- 1 tsp olive oil
- A pinch of salt
- Layer in this order: dressing, tomato, carrot, corn, chicken, cabbage and greens.

HOW TO SERVE

Gently shake the jar or tip onto a plate before eating. The cabbage adds crunch and pairs well with the corn and chicken.

CHEF'S TIPS

- Cabbage keeps well and retains its crunch.
- Use white or red cabbage.
- Eat within 2 days.

RECIPE 08

Chicken with Zucchini and Carrot

Light and full of flavor, this salad in a jar brings together chicken, zucchini and carrot in a convenient, balanced combination for a healthy meal.



Budget-friendly | Protein source | Fitness | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
305 kcal / serving	**21 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1/2 cup grilled zucchini cubes
- 1/2 carrot, grated
- 1 cup leafy greens
- 1/2 tomato, chopped
- 2 tbsp chopped cucumber
- 1 tbsp red onion
- Salt and pepper to taste

METHOD

1. Gather and wash the ingredients.
2. Grill the zucchini cubes.
3. Shred the chicken and chop the tomato.
4. Chop the cucumber and grate the carrot.
5. Mix the seasoned dressing.
6. Place the dressing in the bottom of the jar.
7. Build the layers and finish with greens.
8. Close the lid and refrigerate.

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tbsp plain yogurt
- A pinch of dried herbs
- Layer in this order: dressing, tomato, cucumber, carrot, zucchini, chicken and greens.

HOW TO SERVE

Let the zucchini cool before assembling. When ready to eat, gently mix everything to keep the ingredients attractive and flavorful.

CHEF'S TIPS

- Let the zucchini cool before assembling the jar.
- Carrot balances the texture of the recipe.
- Eat within 2 days.

RECIPE 09

Chicken with Sweet Potato and Greens

Perfect for a more substantial meal, this salad in a jar combines chicken, sweet potato and fresh greens in a balanced, convenient and delicious combination.



Budget-friendly | Protein source | Post-workout | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
355 kcal / serving	**25 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1/2 cup cooked sweet potato cubes
- 1 cup leafy greens
- 1/2 tomato, chopped
- 1/2 carrot, grated
- 2 tbsp chopped cucumber
- 1 tbsp red onion
- Salt and pepper to taste

METHOD

1. Gather and wash the ingredients.
2. Cook the sweet potato cubes.
3. Shred the chicken.
4. Chop the tomato and cucumber.
5. Grate the carrot and prepare the greens.
6. Mix the seasoned dressing.
7. Build the layers in the jar.
8. Close the lid and chill.

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tsp mustard
- A pinch of salt
- Layer in this order: dressing, tomato, cucumber, carrot, sweet potato, chicken and greens.

HOW TO SERVE

Mix the jar when ready to eat to distribute the dressing among the sweet potato and chicken. A great way to satisfy hunger with a balanced meal.

CHEF'S TIPS

- Let the sweet potato cool before assembling.
- Mustard pairs well with the flavor of chicken.
- Eat within 2 days.

RECIPE 10

Chicken with Black-Eyed Peas and Tomato

Complete, convenient and delicious, this salad in a jar combines chicken, black-eyed peas and tomato for a nutritious, light everyday meal.



Budget-friendly | Protein source | Gluten-free | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
340 kcal / serving	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1/2 cup cooked black-eyed peas
- 1 tomato, chopped
- 1 cup leafy greens
- 1/2 carrot, grated
- 2 tbsp chopped cucumber
- 1 tbsp red onion
- 1 tbsp chopped parsley and scallions
- Salt and pepper to taste

METHOD

1. Gather and wash the ingredients.
2. Cook or drain the black-eyed peas.
3. Shred the chicken.
4. Chop the tomato and cucumber.
5. Grate the carrot and prepare the greens.
6. Mix the seasoned dressing.
7. Build the layers in the jar.
8. Close the lid and refrigerate.

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp vinegar
- 1 tsp lemon juice
- A pinch of salt
- Layer in this order: dressing, tomato, cucumber, carrot, black-eyed peas, chicken and greens.

HOW TO SERVE

Mix well before eating to distribute the dressing and bring out the flavors. Black-eyed peas make the salad more substantial and filling.

CHEF'S TIPS

• The black-eyed peas should be thoroughly chilled and drained.
• Finish with parsley and scallions for extra flavor.
• Eat within 2 days.

RECIPE 11

Chicken with Lentils and Carrot

Complete, nutritious and easy, this salad in a jar combines chicken, lentils and carrot in a balanced, flavorful everyday meal.



Budget-friendly | Protein source | Fitness | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
338 kcal / serving	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1/2 cup cooked lentils
- 1/2 carrot, grated
- 1 cup leafy greens
- 1/2 tomato, chopped
- 2 tbsp chopped cucumber
- 1 tbsp red onion
- 1 tbsp chopped parsley and scallions
- Salt and pepper to taste

METHOD

1. Gather and wash the ingredients.
2. Cook or drain the lentils.
3. Shred the chicken.
4. Chop the tomato and cucumber.
5. Grate the carrot and slice the onion.
6. Mix the light dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tbsp plain yogurt
- A pinch of oregano
- Layer in this order: dressing, tomato, cucumber, carrot, lentils, chicken and greens.

HOW TO SERVE

Mix only when ready to eat to coat the lentils and chicken with dressing. A complete, light and very satisfying option.

CHEF'S TIPS

• The lentils should be cold and well drained.
• Use parsley and scallions to add freshness.
• Eat within 2 days.

RECIPE 12

Chicken with Brown Rice and Vegetables

Convenient and balanced, this salad in a jar brings together chicken, brown rice and vegetables in a complete, nutritious meal perfect for your daily routine.



Budget-friendly | Protein source | Post-workout | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
362 kcal / serving	**25 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1/2 cup cooked brown rice
- 1/2 cup cooked, diced vegetables
- 1/2 carrot, grated
- 1 cup leafy greens
- 1/2 tomato, chopped
- 2 tbsp chopped cucumber
- 1 tbsp red onion
- Salt and pepper to taste

METHOD

1. Gather and wash the ingredients.
2. Cook the brown rice.
3. Cook and chop the vegetables.
4. Shred the chicken and chop the tomato.
5. Chop the cucumber and grate the carrot.
6. Mix the seasoned dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tbsp plain yogurt
- A pinch of dried herbs
- Layer in this order: dressing, tomato, cucumber, carrot, rice, vegetables, chicken and greens.

HOW TO SERVE

Mix well before eating to distribute the dressing among the brown rice, vegetables and chicken. A light and complete meal.

CHEF'S TIPS

• Let the rice and vegetables cool before assembling.
• Cook the vegetables al dente to preserve texture.
• Eat within 2 days.

RECIPE 13

Chicken with Quinoa and Tomato

Light, modern and easy, this salad in a jar combines chicken, quinoa and tomato for a nutritious, flavorful meal perfect for any day.



Budget-friendly | Protein source | Fitness | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
342 kcal / serving	**23 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1/2 cup cooked quinoa
- 1 tomato, chopped
- 1 cup leafy greens
- 1/2 carrot, grated
- 2 tbsp chopped cucumber
- 1 tbsp red onion
- 1 tbsp chopped parsley and scallions
- Salt and pepper to taste

METHOD

1. Gather and wash the ingredients.
2. Cook the quinoa and let cool.
3. Shred the chicken.
4. Chop the tomato and cucumber.
5. Grate the carrot and slice the onion.
6. Mix the mustard dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tsp mustard
- A pinch of oregano
- Layer in this order: dressing, tomato, cucumber, carrot, quinoa, chicken and greens.

HOW TO SERVE

Gently shake the jar or mix on a plate before eating. Quinoa makes the salad more nutritious while keeping it light.

CHEF'S TIPS

- The quinoa should be fluffy and cold.
- Finish with fresh parsley if desired.
- Eat within 2 days.

RECIPE 14

Chicken with Peas, Corn and Carrot

Colorful, light and easy, this salad in a jar brings together chicken, peas, corn and carrot in a flavorful combination perfect for lunch.



Budget-friendly | Protein source | Gluten-free | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
318 kcal / serving	**18 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 2 tbsp peas
- 3 tbsp sweetcorn
- 1/2 carrot, grated
- 1 cup leafy greens
- 1/2 tomato, chopped
- 2 tbsp chopped cucumber
- 1 tbsp chopped parsley and scallions
- Salt and pepper to taste

METHOD

1. Gather and wash the ingredients.
2. Drain the peas and corn.
3. Shred the chicken.
4. Chop the tomato and cucumber.
5. Grate the carrot.
6. Mix the light dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tbsp plain yogurt
- A pinch of salt
- Layer in this order: dressing, tomato, cucumber, carrot, peas, corn, chicken and greens.

HOW TO SERVE

Keep chilled and mix only when ready to eat. The combination of peas and corn makes the salad light, colorful and enjoyable.

CHEF'S TIPS

• Drain the corn and peas thoroughly before assembling.
• Use sturdier greens for longer freshness.
• Eat within 2 days.

RECIPE 15

Chicken with Hearts of Palm and Tomato

Light and delicious, this salad in a jar combines chicken, hearts of palm and tomato for a convenient, refreshing everyday meal.



Budget-friendly | Protein source | Fitness | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
305 kcal / serving	**18 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1/2 cup sliced hearts of palm
- 1 tomato, chopped
- 1 cup leafy greens
- 1/2 carrot, grated
- 2 tbsp chopped cucumber
- 1 tbsp red onion
- 1 tbsp chopped parsley and scallions
- Salt and pepper to taste

METHOD

1. Gather and wash the ingredients.
2. Drain and cut the hearts of palm.
3. Shred the chicken.
4. Chop the tomato and cucumber.
5. Grate the carrot and slice the onion.
6. Mix the seasoned dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tbsp plain yogurt
- A pinch of dried herbs
- Layer in this order: dressing, tomato, cucumber, carrot, hearts of palm, chicken and greens.

HOW TO SERVE

Mix just before eating to coat the hearts of palm and chicken with dressing. A delicate, light salad that is easy to take along.

CHEF'S TIPS

- Drain the hearts of palm thoroughly before assembling.
- Fresh parsley and scallions enhance the flavor.
- Eat within 2 days.

RECIPE 16

Chicken with Mango and Leafy Greens

Refreshing, light and full of flavor, this salad in a jar combines chicken, mango and leafy greens for a convenient, delicious meal.



Budget-friendly | Protein source | Fitness | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
320 kcal / serving	**17 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1/2 cup mango cubes
- 1 cup leafy greens
- 1/2 carrot, grated
- 2 tbsp chopped cucumber
- 1/2 tomato, chopped
- 1 tbsp red onion
- 1 tbsp chopped parsley and scallions
- Salt and pepper to taste

METHOD

1. Gather and wash the ingredients.
2. Shred the chicken.
3. Peel and cut the mango.
4. Chop the tomato and cucumber.
5. Grate the carrot and prepare the greens.
6. Mix the light dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tbsp plain yogurt
- A pinch of chopped mint
- Layer in this order: dressing, tomato, cucumber, carrot, mango, chicken and greens.

HOW TO SERVE

Mix only when ready to serve to preserve the mango's texture and the lightness of the greens. Great for hot days.

CHEF'S TIPS

• Use ripe but firm mango.
• A touch of mint makes the salad even fresher.
• Eat within 2 days.

RECIPE 17

Chicken with Pineapple and Carrot

Light, refreshing and easy, this salad in a jar combines chicken, pineapple and carrot in a gently sweet-and-sour, delicious blend.



Budget-friendly | Protein source | Fitness | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
325 kcal / serving	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1/2 cup pineapple cubes
- 1/2 carrot, grated
- 1 cup leafy greens
- 1/2 tomato, chopped
- 2 tbsp chopped cucumber
- 1 tbsp red onion
- 1 tbsp chopped parsley and scallions
- Salt and pepper to taste

METHOD

1. Gather and wash the ingredients.
2. Shred the chicken.
3. Cut the pineapple into cubes.
4. Chop the tomato and cucumber.
5. Grate the carrot and prepare the greens.
6. Mix the refreshing dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tbsp plain yogurt
- A pinch of chopped mint
- Layer in this order: dressing, tomato, cucumber, carrot, pineapple, chicken and greens.

HOW TO SERVE

Mix just before eating to keep the pineapple fresh and balance its flavor with the chicken. A great choice for a light meal.

CHEF'S TIPS

- Use well-drained pineapple to avoid excess liquid.
- Mint pairs very well with this version.
- Eat within 2 days.

RECIPE 18

Chicken with Apple and Cabbage

Crunchy and delicious, this salad in a jar combines chicken, apple and cabbage for a light, convenient meal with a refreshing touch.



Budget-friendly | Protein source | Gluten-free | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
315 kcal / serving	**18 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1/2 apple, cubed
- 1/2 cup thinly sliced cabbage
- 1/2 carrot, grated
- 1 cup leafy greens
- 2 tbsp chopped cucumber
- 1 tbsp red onion
- 1 tsp lemon juice
- Salt and pepper to taste

DRESSING / ASSEMBLY

- 1 tbsp plain yogurt
- 1 tsp mustard
- 1 tsp lemon juice
- A pinch of salt
- Layer in this order: dressing, apple, cucumber, carrot, cabbage, chicken and greens.

METHOD

1. Gather and wash the ingredients.
2. Shred the chicken.
3. Cut the apple and drizzle with lemon juice.
4. Slice the cabbage and chop the cucumber.
5. Grate the carrot and prepare the greens.
6. Mix the creamy dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

HOW TO SERVE

Mix before serving to coat the apple and cabbage with dressing. The result is light, crunchy and delicious.

CHEF'S TIPS

• Lemon helps keep the apple looking fresh.
• Cabbage adds crunch and keeps well in the jar.
• Eat within 2 days.

RECIPE 19

Chicken with Orange and Carrot

Refreshing and balanced, this salad in a jar combines chicken, orange and carrot in a light, convenient and flavorful blend.



Budget-friendly | Protein source | Gluten-free | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
320 kcal / serving	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1/2 orange, separated into segments
- 1/2 carrot, grated
- 1 cup leafy greens
- 1/2 tomato, chopped
- 2 tbsp chopped cucumber
- 1 tbsp red onion
- 1 tbsp chopped parsley and scallions
- Salt and pepper to taste

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tsp mustard
- A pinch of salt
- Layer in this order: dressing, tomato, cucumber, carrot, orange, chicken and greens.

METHOD

1. Gather and wash the ingredients.
2. Shred the chicken.
3. Peel the orange and separate into segments.
4. Chop the tomato and cucumber.
5. Grate the carrot and prepare the greens.
6. Mix the seasoned dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

HOW TO SERVE

Mix only when ready to eat to keep the orange segments attractive and juicy. A light, very fresh meal.

CHEF'S TIPS

- Remove excess white pith from the orange.
- Orange pairs well with a light mustard dressing.
- Eat within 2 days.

RECIPE 20

Chicken with Grapes and Leafy Greens

Light, different and delicious, this salad in a jar combines chicken, grapes and leafy greens for a convenient, refreshing meal full of texture.



Budget-friendly | Protein source | Fitness | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
318 kcal / serving	**18 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1/2 cup grapes, halved
- 1 cup leafy greens
- 1/2 carrot, grated
- 2 tbsp chopped cucumber
- 1/2 tomato, chopped
- 1 tbsp red onion
- 1 tbsp chopped parsley and scallions
- Salt and pepper to taste

METHOD

1. Gather and wash the ingredients.
2. Shred the chicken.
3. Wash and halve the grapes.
4. Chop the tomato and cucumber.
5. Grate the carrot and prepare the greens.
6. Mix the light dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

DRESSING / ASSEMBLY

- 1 tbsp plain yogurt
- 1 tsp lemon juice
- 1 tsp olive oil
- A pinch of dried herbs
- Layer in this order: dressing, tomato, cucumber, carrot, grapes, chicken and greens.

HOW TO SERVE

Mix only when ready to serve to preserve the grapes' texture and the lightness of the greens. Great as a fresh everyday meal.

CHEF'S TIPS

• Use firm, seedless grapes if possible.
• The contrast between sweet and savory is very enjoyable.
• Eat within 2 days.

RECIPE 21

Chicken with Egg and Carrot

Convenient, nutritious and protein-rich, this salad in a jar combines chicken, egg and carrot for a balanced, flavorful everyday meal.



Budget-friendly | Protein source | Fitness | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
336 kcal / serving	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 2 hard-boiled eggs, chopped
- 1/2 carrot, grated
- 1 cup leafy greens
- 1/2 tomato, chopped
- 2 tbsp chopped cucumber
- 1 tbsp red onion
- 1 tbsp chopped parsley and scallions
- Salt and pepper to taste

METHOD

1. Gather and wash the ingredients.
2. Boil and peel the eggs.
3. Shred the chicken.
4. Chop the tomato and cucumber.
5. Grate the carrot and prepare the greens.
6. Mix the light dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tbsp plain yogurt
- A pinch of oregano
- Layer in this order: dressing, tomato, cucumber, carrot, egg, chicken and greens.

HOW TO SERVE

Mix only when ready to eat to coat the egg and chicken with dressing. A complete, light and convenient choice.

CHEF'S TIPS

• Use cooled eggs when assembling.
• Fresh parsley and scallions make the salad more flavorful.
• Eat within 2 days.

RECIPE 22

Chicken with Egg, Tomato and Lettuce

Light, simple and delicious, this salad in a jar combines chicken, egg, tomato and lettuce for a convenient, protein-rich meal.



Budget-friendly | Protein source | Gluten-free | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal / serving	**18 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 2 hard-boiled eggs, sliced
- 1 tomato, chopped
- 1 cup lettuce, washed
- 2 tbsp chopped cucumber
- 1/2 carrot, grated
- 1 tbsp red onion
- 1 tbsp chopped parsley and scallions
- Salt and pepper to taste

METHOD

1. Gather and wash the ingredients.
2. Boil and cut the eggs.
3. Shred the chicken.
4. Chop the tomato and cucumber.
5. Grate the carrot and prepare the lettuce.
6. Mix the seasoned dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with lettuce, close the lid and refrigerate.

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tsp mustard
- A pinch of salt
- Layer in this order: dressing, tomato, cucumber, carrot, egg, chicken and lettuce.

HOW TO SERVE

Mix before serving to distribute the dressing among the chicken, egg and tomato. Fresh and enjoyable.

CHEF'S TIPS

• Use firm tomato to avoid excess liquid.
• Add the lettuce last to keep it fresh.
• Eat within 2 days.

RECIPE 23

Chicken with Egg and Beetroot

Colorful, nutritious and easy, this salad in a jar brings together chicken, egg and beetroot in a balanced, refreshing combination full of flavor.



Budget-friendly | Protein source | Gluten-free | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
342 kcal / serving	**24 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 2 hard-boiled eggs, chopped
- 1/2 cup cooked beetroot cubes
- 1 cup leafy greens
- 1/2 carrot, grated
- 2 tbsp chopped cucumber
- 1 tbsp red onion
- 1 tbsp chopped parsley and scallions
- Salt and pepper to taste

METHOD

1. Gather and wash the ingredients.
2. Cook and cut the beetroot.
3. Boil and peel the eggs.
4. Shred the chicken.
5. Chop the cucumber and grate the carrot.
6. Mix the light dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tsp vinegar
- A pinch of salt
- Layer in this order: dressing, beetroot, cucumber, carrot, egg, chicken and greens.

HOW TO SERVE

Mix well when serving to coat the beetroot and egg with dressing. Delicious chilled and ideal to take along.

CHEF'S TIPS

• Use cooled beetroot when assembling.
• Egg pairs well with a light lemon dressing.
• Eat within 2 days.

RECIPE 24

Chicken with Egg and Broccoli

Complete, flavorful and protein-rich, this salad in a jar combines chicken, egg and broccoli for a convenient, balanced meal.



Budget-friendly | Protein source | Fitness | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
345 kcal / serving	**23 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 2 hard-boiled eggs, sliced
- 1/2 cup cooked broccoli, in small florets
- 1/2 carrot, grated
- 1 cup leafy greens
- 1/2 tomato, chopped
- 2 tbsp chopped cucumber
- 1 tbsp red onion
- Salt and pepper to taste

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tbsp plain yogurt
- A pinch of dried herbs
- Layer in this order: dressing, tomato, cucumber, carrot, broccoli, egg, chicken and greens.

METHOD

1. Gather and wash the ingredients.
2. Cook the broccoli al dente.
3. Boil and cut the eggs.
4. Shred the chicken.
5. Chop the tomato and cucumber.
6. Mix the seasoned dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

HOW TO SERVE

Mix just before eating to coat the broccoli and chicken with dressing. A great choice for a complete meal.

CHEF'S TIPS

• Let the broccoli cool before assembling.
• Cook the florets briefly to preserve their texture.
• Eat within 2 days.

RECIPE 25

Chicken with Egg and Sweet Potato

Perfect for a more substantial meal, this salad in a jar combines chicken, egg and sweet potato in a flavorful, balanced option ideal for your routine.



Budget-friendly | Protein source | Post-workout | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
362 kcal / serving	**25 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 2 hard-boiled eggs, sliced
- 1/2 cup cooked sweet potato cubes
- 1/2 carrot, grated
- 1 cup leafy greens
- 1/2 tomato, chopped
- 2 tbsp chopped cucumber
- 1 tbsp red onion
- Salt and pepper to taste

METHOD

1. Gather and wash the ingredients.
2. Cook the sweet potato cubes.
3. Boil and cut the eggs.
4. Shred the chicken.
5. Chop the tomato and cucumber.
6. Mix the light dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tsp mustard
- A pinch of salt
- Layer in this order: dressing, tomato, cucumber, carrot, sweet potato, egg, chicken and greens.

HOW TO SERVE

Mix the jar just before eating to distribute the dressing among the sweet potato, egg and chicken. A great way to satisfy hunger with a balanced meal.

CHEF'S TIPS

- Let the sweet potato cool before assembling.
- Mustard dressing pairs very well with this version.
- Eat within 2 days.

RECIPE 26

Shredded Chicken with Brazilian Vinaigrette

Refreshing, colorful and easy, this salad in a jar features shredded chicken with Brazilian vinaigrette for a light, flavorful everyday meal.



Budget-friendly | Protein source | Fitness | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
310 kcal / serving	**18 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1 tomato, chopped
- 2 tbsp chopped cucumber
- 2 tbsp chopped green bell pepper
- 1 tbsp chopped onion
- 1/2 carrot, grated
- 1 cup leafy greens
- 1 tbsp chopped parsley and scallions
- Salt and pepper to taste

METHOD

1. Gather and wash the ingredients.
2. Shred the chicken.
3. Chop the tomato and cucumber.
4. Chop the bell pepper and onion.
5. Grate the carrot and prepare the greens.
6. Mix the vinaigrette dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp vinegar
- 1 tsp lemon juice
- A pinch of salt
- Layer in this order: dressing, tomato, cucumber, bell pepper, onion, carrot, chicken and greens.

HOW TO SERVE

Mix well before serving to coat the chicken with the vinaigrette. Light, well seasoned and delicious.

CHEF'S TIPS

• Use firm tomato to preserve the texture.
• Parsley and scallions give the vinaigrette an even more Brazilian flavor.
• Eat within 2 days.

RECIPE 27

Shredded Chicken with Colorful Cabbage

Colorful, crunchy and delicious, this salad in a jar combines shredded chicken and colorful cabbage in a convenient, refreshing meal full of texture.



Budget-friendly | Protein source | Gluten-free | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
322 kcal / serving	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1/2 cup thinly sliced red cabbage
- 1/2 cup thinly sliced white cabbage
- 1/2 carrot, grated
- 1 cup leafy greens
- 2 tbsp sweetcorn
- 1/2 tomato, chopped
- 1 tbsp chopped parsley and scallions
- Salt and pepper to taste

METHOD

1. Gather and wash the ingredients.
2. Slice the red and white cabbage.
3. Shred the chicken.
4. Chop the tomato.
5. Grate the carrot and prepare the greens.
6. Mix the light dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tsp vinegar
- A pinch of salt
- Layer in this order: dressing, tomato, carrot, corn, chicken, colorful cabbage and greens.

HOW TO SERVE

Mix when serving to distribute the dressing among the cabbage and chicken. The result is crunchy and enjoyable.

CHEF'S TIPS

• Cabbage makes the salad crunchier and helps it keep well.
• Use both types of cabbage for an attractive appearance.
• Eat within 2 days.

RECIPE 28

Shredded Chicken with Corn and Peas

Light, colorful and easy, this salad in a jar brings together shredded chicken, corn and peas in a flavorful combination perfect for lunch.



Budget-friendly | Protein source | Gluten-free | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
318 kcal / serving	**18 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 3 tbsp sweetcorn
- 2 tbsp peas
- 1/2 carrot, grated
- 1 cup leafy greens
- 1/2 tomato, chopped
- 2 tbsp chopped cucumber
- 1 tbsp chopped parsley and scallions
- Salt and pepper to taste

METHOD

1. Gather and wash the ingredients.
2. Drain the peas and corn.
3. Shred the chicken.
4. Chop the tomato and cucumber.
5. Grate the carrot.
6. Mix the light dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tbsp plain yogurt
- A pinch of salt
- Layer in this order: dressing, tomato, cucumber, carrot, peas, corn, chicken and greens.

HOW TO SERVE

Mix well before eating to distribute the dressing among the chicken, corn and peas. Light, colorful and enjoyable.

CHEF'S TIPS

- Drain the corn and peas thoroughly before assembling.
- Use sturdier greens for longer freshness.
- Eat within 2 days.

RECIPE 29

Shredded Chicken with Carrot and Cucumber

Refreshing, light and easy to prepare, this salad in a jar combines shredded chicken, carrot and cucumber in a convenient meal full of freshness.



Budget-friendly | Protein source | Fitness | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
304 kcal / serving	**17 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1/2 carrot, grated
- 1/2 cup chopped cucumber
- 1 cup leafy greens
- 1/2 tomato, chopped
- 1 tbsp red onion
- 1 tbsp chopped parsley and scallions
- 1 tbsp plain yogurt
- Salt and pepper to taste

METHOD

1. Gather and wash the ingredients.
2. Shred the chicken.
3. Chop the tomato and cucumber.
4. Grate the carrot.
5. Slice the onion and prepare the greens.
6. Mix the light dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tbsp plain yogurt
- A pinch of dried herbs
- Layer in this order: dressing, tomato, cucumber, carrot, chicken and greens.

HOW TO SERVE

Mix only when serving to keep the cucumber crunchy and coat the chicken with dressing. Refreshing on hot days.

CHEF'S TIPS

• Use firm cucumber for extra crunch.
• A little fresh parsley and scallions makes everything tastier.
• Eat within 2 days.

RECIPE 30

Shredded Chicken with Chickpeas

Complete, nutritious and satisfying, this salad in a jar combines shredded chicken and chickpeas for a convenient, light meal perfect for lunch.



Budget-friendly | Protein source | Fitness | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
348 kcal / serving	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1/2 cup cooked chickpeas
- 1/2 carrot, grated
- 1 cup leafy greens
- 1/2 tomato, chopped
- 2 tbsp chopped cucumber
- 1 tbsp red onion
- 1 tbsp chopped parsley and scallions
- Salt and pepper to taste

METHOD

1. Gather and wash the ingredients.
2. Cook or drain the chickpeas.
3. Shred the chicken.
4. Chop the tomato and cucumber.
5. Grate the carrot and prepare the greens.
6. Mix the mustard dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tsp mustard
- A pinch of oregano
- Layer in this order: dressing, tomato, cucumber, carrot, chickpeas, chicken and greens.

HOW TO SERVE

Mix well before eating to coat the chickpeas and chicken with dressing. A complete, convenient option.

CHEF'S TIPS

• Drain the chickpeas thoroughly to prevent excess liquid.
• Add fresh parsley if desired.
• Eat within 2 days.

RECIPE 31

Shredded Chicken with Lentils

Complete, nutritious and easy, this salad in a jar combines shredded chicken and lentils for a light, flavorful everyday meal.



Budget-friendly | Protein source | Fitness | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
346 kcal / serving	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1/2 cup cooked lentils
- 1/2 carrot, grated
- 1/2 tomato, chopped
- 2 tbsp chopped cucumber
- 1 cup leafy greens
- 1 tbsp red onion
- 1 tbsp chopped parsley and scallions
- Salt and pepper to taste

METHOD

1. Gather and wash the ingredients.
2. Cook or drain the lentils.
3. Shred the chicken.
4. Chop the tomato and cucumber.
5. Grate the carrot and prepare the greens.
6. Mix the mustard dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tsp mustard
- A pinch of oregano
- Layer in this order: dressing, tomato, cucumber, carrot, lentils, chicken and greens.

HOW TO SERVE

Mix before eating to coat the lentils and chicken with dressing. Balanced, nutritious and convenient.

CHEF'S TIPS

- Use cooled lentils when assembling.
- Finish with fresh parsley if desired.
- Eat within 2 days.

RECIPE 32

Shredded Chicken with White Beans

Light, flavorful and nutritious, this salad in a jar combines shredded chicken and white beans for a convenient, complete meal.



Budget-friendly | Protein source | Gluten-free | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
348 kcal / serving	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1/2 cup cooked white beans
- 1/2 carrot, grated
- 1/2 tomato, chopped
- 2 tbsp chopped cucumber
- 1 cup leafy greens
- 1 tbsp red onion
- 1 tbsp chopped parsley and scallions
- Salt and pepper to taste

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tsp vinegar
- A pinch of dried herbs
- Layer in this order: dressing, tomato, cucumber, carrot, white beans, chicken and greens.

METHOD

1. Gather and wash the ingredients.
2. Cook or drain the white beans.
3. Shred the chicken.
4. Chop the tomato and cucumber.
5. Grate the carrot and prepare the greens.
6. Mix the light dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

HOW TO SERVE

Mix well before serving to coat the white beans and chicken with dressing. Satisfying and delicious.

CHEF'S TIPS

- Drain the white beans thoroughly to prevent excess liquid.
- Use sturdier greens for longer freshness.
- Eat within 2 days.

RECIPE 33

Shredded Chicken with Black-Eyed Peas

Refreshing, colorful and easy, this salad in a jar features shredded chicken and black-eyed peas in a light, nutritious combination perfect for lunch.



Budget-friendly | Protein source | Fitness | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
340 kcal / serving	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1/2 cup cooked black-eyed peas
- 1/2 carrot, grated
- 1/2 tomato, chopped
- 2 tbsp chopped cucumber
- 1 tbsp red onion
- 1 tbsp chopped parsley and scallions
- 1 cup leafy greens
- Salt and pepper to taste

METHOD

1. Gather and wash the ingredients.
2. Cook or drain the black-eyed peas.
3. Shred the chicken.
4. Chop the tomato and cucumber.
5. Grate the carrot and prepare the greens.
6. Mix the lemon dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tsp vinegar
- A pinch of salt
- Layer in this order: dressing, tomato, cucumber, carrot, black-eyed peas, chicken and greens.

HOW TO SERVE

Mix before serving to coat the black-eyed peas and chicken with dressing. Fresh and balanced.

CHEF'S TIPS

• Drain the black-eyed peas thoroughly before assembling.
• Parsley and scallions pair well with this version.
• Eat within 2 days.

RECIPE 34

Shredded Chicken with Hearts of Palm

Light, delicate and delicious, this salad in a jar combines shredded chicken and hearts of palm for a convenient, fresh meal suited to any day.



Budget-friendly | Protein source | Fitness | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
312 kcal / serving	**18 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1/2 cup sliced hearts of palm
- 1/2 tomato, chopped
- 2 tbsp chopped cucumber
- 1/2 carrot, grated
- 1 cup leafy greens
- 1 tbsp red onion
- 1 tbsp chopped parsley and scallions
- Salt and pepper to taste

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tbsp plain yogurt
- A pinch of oregano
- Layer in this order: dressing, tomato, cucumber, carrot, hearts of palm, chicken and greens.

METHOD

1. Gather and wash the ingredients.
2. Slice the hearts of palm.
3. Shred the chicken.
4. Chop the tomato and cucumber.
5. Grate the carrot and prepare the greens.
6. Mix the light dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

HOW TO SERVE

Mix just before eating to coat the hearts of palm and chicken with dressing. Light and enjoyable.

CHEF'S TIPS

• Use well-drained hearts of palm to preserve the texture.
• Finish with parsley if desired.
• Eat within 2 days.

RECIPE 35

Shredded Chicken with Broccoli

Complete, flavorful and protein-rich, this salad in a jar combines shredded chicken and broccoli for a convenient, balanced meal.



Budget-friendly | Protein source | Post-workout | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
334 kcal / serving	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1/2 cup cooked broccoli, in small florets
- 1/2 carrot, grated
- 1/2 tomato, chopped
- 2 tbsp chopped cucumber
- 1 cup leafy greens
- 1 tbsp red onion
- Salt and pepper to taste

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tbsp plain yogurt
- A pinch of dried herbs
- Layer in this order: dressing, tomato, cucumber, carrot, broccoli, chicken and greens.

METHOD

1. Gather and wash the ingredients.
2. Cook the broccoli al dente.
3. Shred the chicken.
4. Chop the tomato and cucumber.
5. Grate the carrot and prepare the greens.
6. Mix the seasoned dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

HOW TO SERVE

Mix just before eating to coat the broccoli and chicken with dressing. A great option for a complete meal.

CHEF'S TIPS

- Let the broccoli cool before assembling.
- Cook briefly to preserve its texture.
- Eat within 2 days.

RECIPE 36

Shredded Chicken with Cauliflower

Light, nutritious and easy, this salad in a jar combines shredded chicken and cauliflower for a flavorful everyday meal.



Budget-friendly | Protein source | Gluten-free | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
328 kcal / serving	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1/2 cup cooked cauliflower, in small florets
- 1/2 carrot, grated
- 1/2 tomato, chopped
- 2 tbsp chopped cucumber
- 1 cup leafy greens
- 1 tbsp red onion
- Salt and pepper to taste

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tbsp plain yogurt
- A pinch of dried herbs
- Layer in this order: dressing, tomato, cucumber, carrot, cauliflower, chicken and greens.

METHOD

1. Gather and wash the ingredients.
2. Cook the cauliflower al dente.
3. Shred the chicken.
4. Chop the tomato and cucumber.
5. Grate the carrot and prepare the greens.
6. Mix the light dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

HOW TO SERVE

Mix before serving to distribute the dressing among the cauliflower and chicken. Light and enjoyable.

CHEF'S TIPS

- Let the cauliflower cool before assembling.
- Avoid overcooking to preserve the texture.
- Eat within 2 days.

RECIPE 37

Shredded Chicken with Roasted Pumpkin

Colorful, flavorful and easy, this salad in a jar combines shredded chicken and roasted pumpkin for a light, nutritious meal perfect for your routine.



Budget-friendly | Protein source | Fitness | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
345 kcal / serving	**28 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1/2 cup roasted pumpkin cubes
- 1/2 carrot, grated
- 1/2 tomato, chopped
- 2 tbsp chopped cucumber
- 1 cup leafy greens
- 1 tbsp red onion
- Salt and pepper to taste

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tsp mustard
- A pinch of salt
- Layer in this order: dressing, tomato, cucumber, carrot, pumpkin, chicken and greens.

METHOD

1. Gather and wash the ingredients.
2. Roast the pumpkin cubes.
3. Shred the chicken.
4. Chop the tomato and cucumber.
5. Grate the carrot and prepare the greens.
6. Mix the mustard dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

HOW TO SERVE

Mix the jar just before eating to distribute the dressing among the pumpkin and chicken. Flavorful and balanced.

CHEF'S TIPS

- Let the pumpkin cool before assembling.
- Roasted pumpkin makes the salad more flavorful.
- Eat within 2 days.

RECIPE 38

Shredded Chicken with Sweet Potato

Perfect for a more substantial meal, this salad in a jar combines shredded chicken and sweet potato in a convenient, flavorful option ideal for your routine.



Budget-friendly | Protein source | Post-workout | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
352 kcal / serving	**25 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1/2 cup cooked sweet potato cubes
- 1/2 carrot, grated
- 1/2 tomato, chopped
- 2 tbsp chopped cucumber
- 1 cup leafy greens
- 1 tbsp red onion
- Salt and pepper to taste

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tsp mustard
- A pinch of salt
- Layer in this order: dressing, tomato, cucumber, carrot, sweet potato, chicken and greens.

METHOD

1. Gather and wash the ingredients.
2. Cook the sweet potato cubes.
3. Shred the chicken.
4. Chop the tomato and cucumber.
5. Grate the carrot and prepare the greens.
6. Mix the light dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

HOW TO SERVE

Mix just before eating to distribute the dressing among the sweet potato and chicken. A great way to satisfy hunger with a balanced meal.

CHEF'S TIPS

- Let the sweet potato cool before assembling.
- Mustard dressing pairs very well with this version.
- Eat within 2 days.

RECIPE 39

Shredded Chicken with Cassava and Greens

Flavorful, nutritious and easy, this salad in a jar combines shredded chicken, cassava and leafy greens for a complete meal ideal for lunch.



Budget-friendly | Protein source | Fitness | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
358 kcal / serving	**28 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1/2 cup cooked cassava cubes
- 1 cup leafy greens
- 1/2 carrot, grated
- 1/2 tomato, chopped
- 2 tbsp chopped cucumber
- 1 tbsp red onion
- Salt and pepper to taste

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tsp mustard
- A pinch of dried herbs
- Layer in this order: dressing, tomato, cucumber, carrot, cassava, chicken and greens.

METHOD

1. Gather and wash the ingredients.
2. Cook the cassava cubes.
3. Shred the chicken.
4. Chop the tomato and cucumber.
5. Grate the carrot and prepare the greens.
6. Mix the seasoned dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

HOW TO SERVE

Mix before eating to coat the cassava and chicken with dressing. A more substantial, delicious salad.

CHEF'S TIPS

- Let the cassava cool before assembling.
- Use small cubes to make eating easier.
- Eat within 2 days.

RECIPE 40

Shredded Chicken with Whole-Wheat Pasta

Light, modern and easy, this salad in a jar combines shredded chicken and whole-wheat pasta for a nutritious, flavorful meal perfect for any day.



Budget-friendly | Protein source | Fitness | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
372 kcal / serving	**24 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1/2 cup cooked whole-wheat pasta
- 1/2 tomato, chopped
- 2 tbsp chopped cucumber
- 1/2 carrot, grated
- 1 cup leafy greens
- 1 tbsp red onion
- 1 tbsp chopped parsley and scallions
- Salt and pepper to taste

METHOD

1. Gather and wash the ingredients.
2. Cook the whole-wheat pasta and let cool.
3. Shred the chicken.
4. Chop the tomato and cucumber.
5. Grate the carrot and prepare the greens.
6. Mix the mustard dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tsp mustard
- A pinch of oregano
- Layer in this order: dressing, tomato, cucumber, carrot, whole-wheat pasta, chicken and greens.

HOW TO SERVE

Gently mix the jar or serve on a plate to coat the whole-wheat pasta and chicken with dressing. A nutritious choice that stays light.

CHEF'S TIPS

• The pasta should be cold and separated when assembling.
• Finish with fresh parsley if desired.
• Eat within 2 days.

RECIPE 41

Chicken Seasoned with Lemon and Herbs

Light, aromatic and fresh, this salad combines chicken seasoned with lemon and herbs for a convenient, flavorful everyday meal.



Budget-friendly | Protein source | Fitness | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
320 kcal / serving	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup chicken strips
- 1 cup leafy greens
- 1/2 tomato, chopped
- 2 tbsp chopped cucumber
- 1/2 carrot, grated
- 1 tbsp red onion
- 1 tbsp chopped parsley and scallions
- Salt and pepper to taste

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- Juice of 1/2 lemon
- 1 tsp mixed herbs
- A pinch of salt
- Layer in this order: dressing, tomato, cucumber, carrot, chicken and greens.

METHOD

1. Gather and wash the ingredients.
2. Season the chicken with lemon and herbs.
3. Grill until golden.
4. Chop the tomato and cucumber.
5. Grate the carrot and prepare the greens.
6. Mix the lemon and herb dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

HOW TO SERVE

Mix before serving to coat the chicken and vegetables with dressing. Light, aromatic and convenient.

CHEF'S TIPS

- Use fresh herbs for more aroma.
- Let the chicken cool before assembling.
- Eat within 2 days.

RECIPE 42

Chicken with Yogurt Dressing and Carrot

Light, creamy and easy, this salad combines chicken, yogurt dressing and carrot for a fresh, nutritious everyday meal.



Budget-friendly | Protein source | Gluten-free | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal / serving	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1 cup leafy greens
- 1/2 tomato, chopped
- 2 tbsp chopped cucumber
- 1/2 carrot, grated
- 1 tbsp red onion
- 1 tbsp chopped parsley and scallions
- Salt and pepper to taste

DRESSING / ASSEMBLY

- 2 tbsp plain yogurt
- 1 tsp lemon juice
- 1 tsp mustard
- A pinch of salt
- Layer in this order: dressing, tomato, cucumber, carrot, chicken and greens.

METHOD

1. Gather and wash the ingredients.
2. Shred the chicken.
3. Chop the tomato and cucumber.
4. Grate the carrot.
5. Prepare the greens.
6. Mix the yogurt dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

HOW TO SERVE

Mix before serving to coat the chicken and vegetables. Fresh, creamy and convenient.

CHEF'S TIPS

- Use well-chilled plain yogurt.
- Let the chicken cool before assembling.
- Eat within 2 days.

RECIPE 43

Chicken with Honey Mustard Dressing

Flavorful, gently sweet and tangy, this convenient salad combines chicken and honey mustard for a light, balanced meal full of flavor.



Budget-friendly | Protein source | Fitness | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
338 kcal / serving	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup chicken cubes
- 1 cup leafy greens
- 1/2 tomato, chopped
- 2 tbsp chopped cucumber
- 1/2 carrot, grated
- 1 tbsp red onion
- Salt and pepper to taste
- Parsley and scallions to taste

DRESSING / ASSEMBLY

- 1 tsp mustard
- 1 tsp honey
- 1 tbsp olive oil
- 1 tsp lemon juice
- Layer in this order: dressing, tomato, cucumber, carrot, chicken and greens.

METHOD

1. Gather and wash the ingredients.
2. Season the chicken.
3. Grill the chicken cubes.
4. Chop the tomato and cucumber.
5. Grate the carrot and prepare the greens.
6. Mix the honey mustard dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

HOW TO SERVE

Mix before eating to coat the chicken and vegetables. Gently sweet, tangy and delicious.

CHEF'S TIPS

- Use just a little honey to balance the dressing.
- Let the chicken cool before assembling.
- Eat within 2 days.

RECIPE 44

Chicken with Lemon and Oregano Dressing

Refreshing, light and aromatic, this chicken salad with lemon and oregano dressing brings convenience and flavor to your routine.



Budget-friendly | Protein source | Low-carb | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
314 kcal / serving	**18 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1 cup leafy greens
- 1/2 tomato, chopped
- 2 tbsp chopped cucumber
- 1/2 carrot, grated
- 1 tbsp red onion
- Salt and pepper to taste
- Parsley and scallions to taste

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- Juice of 1/2 lemon
- 1 tsp oregano
- A pinch of salt
- Layer in this order: dressing, tomato, cucumber, carrot, chicken and greens.

METHOD

1. Gather and wash the ingredients.
2. Shred the chicken.
3. Chop the tomato and cucumber.
4. Grate the carrot.
5. Prepare the greens.
6. Mix the lemon and oregano dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

HOW TO SERVE

Mix just before eating to distribute the dressing. Light, fresh and aromatic.

CHEF'S TIPS

- Use fresh lemon for more flavor.
- Go easy on the oregano.
- Eat within 2 days.

RECIPE 45

Chicken with Yogurt and Herb Dressing

Delicate, fresh and flavorful, this chicken salad with yogurt and herb dressing is a light, convenient and nutritious choice.



Budget-friendly | Protein source | Gluten-free | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
326 kcal / serving	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1 cup leafy greens
- 1/2 tomato, chopped
- 2 tbsp chopped cucumber
- 1/2 carrot, grated
- 1 tbsp red onion
- Salt and pepper to taste
- Parsley and scallions to taste

DRESSING / ASSEMBLY

- 2 tbsp plain yogurt
- 1 tsp lemon juice
- 1 tbsp chopped parsley and scallions
- A pinch of salt
- Layer in this order: dressing, tomato, cucumber, carrot, chicken and greens.

METHOD

1. Gather and wash the ingredients.
2. Shred the chicken.
3. Chop the tomato and cucumber.
4. Grate the carrot.
5. Prepare the greens.
6. Mix the yogurt and herb dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

HOW TO SERVE

Mix before serving to coat the chicken and vegetables. Light, creamy and delicious.

CHEF'S TIPS

- Fresh herbs give the dressing more aroma.
- Mix the dressing just until smooth.
- Eat within 2 days.

RECIPE 46

Chicken with Orange Dressing

Lightly citrusy, colorful and flavorful, this chicken salad with orange dressing is a convenient, light way to vary your menu.



Budget-friendly | Protein source | Fitness | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
332 kcal / serving	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup chicken cubes
- 1 cup leafy greens
- 1/2 tomato, chopped
- 2 tbsp chopped cucumber
- 1/2 carrot, grated
- 1 tbsp red onion
- Salt and pepper to taste
- Parsley and scallions to taste

DRESSING / ASSEMBLY

- 2 tbsp orange juice
- 1 tsp olive oil
- 1 tsp mustard
- A pinch of salt
- Layer in this order: dressing, tomato, cucumber, carrot, chicken and greens.

METHOD

1. Gather and wash the ingredients.
2. Season and grill the chicken.
3. Cut the chicken into cubes.
4. Chop the tomato and cucumber.
5. Grate the carrot and prepare the greens.
6. Mix the orange dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

HOW TO SERVE

Mix before serving to distribute the dressing. Light, refreshing and flavorful.

CHEF'S TIPS

- Use freshly squeezed orange juice.
- Citrus dressing pairs well with chicken.
- Eat within 2 days.

RECIPE 47

Chicken with Light Passion Fruit Dressing

Light, different and delicious, this chicken salad with light passion fruit dressing is convenient, refreshing and full of flavor.



Budget-friendly | Protein source | Fitness | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
335 kcal / serving	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1 cup leafy greens
- 1/2 tomato, chopped
- 2 tbsp chopped cucumber
- 1/2 carrot, grated
- 1 tbsp red onion
- Salt and pepper to taste
- Parsley and scallions to taste

DRESSING / ASSEMBLY

- 2 tbsp passion fruit pulp
- 1 tsp olive oil
- 1 tsp honey
- A pinch of salt
- Layer in this order: dressing, tomato, cucumber, carrot, chicken and greens.

METHOD

1. Gather and wash the ingredients.
2. Shred the chicken.
3. Chop the tomato and cucumber.
4. Grate the carrot.
5. Prepare the greens.
6. Mix the passion fruit dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

HOW TO SERVE

Mix at serving time to coat the chicken and vegetables. Lightly tangy and enjoyable.

CHEF'S TIPS

• Strain the pulp if you prefer a smoother dressing.
• Use only a little honey to balance the acidity.
• Eat within 2 days.

RECIPE 48

Chicken with Garlic and Lemon Dressing

Flavorful, aromatic and convenient, this chicken salad with garlic and lemon dressing is a light, balanced choice, ideal for lunch.



Budget-friendly | Protein source | Low-carb | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
318 kcal / serving	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup chicken strips
- 1 cup leafy greens
- 1/2 tomato, chopped
- 2 tbsp chopped cucumber
- 1/2 carrot, grated
- 1 tbsp red onion
- Salt and pepper to taste
- Parsley and scallions to taste

DRESSING / ASSEMBLY

- 1 tbsp olive oil
- Juice of 1/2 lemon
- 1 small garlic clove, crushed
- A pinch of oregano
- Layer in this order: dressing, tomato, cucumber, carrot, chicken and greens.

METHOD

1. Gather and wash the ingredients.
2. Season the chicken.
3. Grill the chicken strips.
4. Chop the tomato and cucumber.
5. Grate the carrot and prepare the greens.
6. Mix the garlic and lemon dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

HOW TO SERVE

Mix before serving to distribute the dressing. Flavorful, citrusy and aromatic.

CHEF'S TIPS

• Use a little garlic so it does not overpower the salad.
• Lemon balances the flavor.
• Eat within 2 days.

RECIPE 49

Chicken with Green Yogurt Dressing

Light, creamy and fresh, this chicken salad with green yogurt dressing is nutritious, convenient and flavorful.



Budget-friendly | Protein source | Gluten-free | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
324 kcal / serving	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup shredded chicken
- 1 cup leafy greens
- 1/2 tomato, chopped
- 2 tbsp chopped cucumber
- 1/2 carrot, grated
- 1 tbsp red onion
- 1 tbsp corn
- Salt and pepper to taste

DRESSING / ASSEMBLY

- 2 tbsp plain yogurt
- 1 tbsp chopped parsley and scallions
- 1 tsp lemon juice
- A pinch of salt
- Layer in this order: dressing, tomato, cucumber, carrot, corn, chicken and greens.

METHOD

1. Gather and wash the ingredients.
2. Shred the chicken.
3. Chop the tomato and cucumber.
4. Grate the carrot.
5. Gather the corn and prepare the greens.
6. Mix the green yogurt dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

HOW TO SERVE

Mix before serving to coat all the ingredients. Fresh, creamy and delicious.

CHEF'S TIPS

- Blend the dressing until bright green.
- Use fresh parsley and scallions.
- Eat within 2 days.

RECIPE 50

Chicken with Light Mustard Dressing

Balanced, flavorful and convenient, this chicken salad with light mustard dressing is a fresh, nutritious everyday choice.



Budget-friendly | Protein source | Fitness | Lunch / Dinner

CALORIES	PREP TIME	YIELD	LEVEL
327 kcal / serving	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup chicken cubes
- 1 cup leafy greens
- 1/2 tomato, chopped
- 2 tbsp chopped cucumber
- 1/2 carrot, grated
- 1 tbsp red onion
- Salt and pepper to taste
- Parsley and scallions to taste

DRESSING / ASSEMBLY

- 1 tsp mustard
- 1 tbsp plain yogurt
- 1 tsp lemon juice
- 1 tsp olive oil
- Layer in this order: dressing, tomato, cucumber, carrot, chicken and greens.

METHOD

1. Gather and wash the ingredients.
2. Season and grill the chicken.
3. Cut the chicken into cubes.
4. Chop the tomato and cucumber.
5. Grate the carrot and prepare the greens.
6. Mix the light mustard dressing.
7. Place the dressing in the bottom of the jar.
8. Build the layers, finish with greens, close the lid and refrigerate.

HOW TO SERVE

Mix before serving to distribute the dressing. Light, creamy and delicious.

CHEF'S TIPS

- Yogurt softens the flavor of the dressing.
- Use a moderate amount of mustard to keep it light.
- Eat within 2 days.

RECIPE 51

Tuna with Lettuce, Tomato and Carrot

An easy, balanced combination of tuna, tomato, carrot and other ingredients, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 cup firm tomato, chopped
- 1/2 carrot, grated
- 1 cup lettuce, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the tomato, carrot, lettuce as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 52

Tuna with Corn and Peas

An easy, balanced combination of tuna, corn, peas, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 3 tbsp sweetcorn, drained
- 3 tbsp peas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the corn, peas as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 53

Tuna with Chickpeas

An easy, balanced combination of tuna, chickpeas, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 cup cooked, drained chickpeas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 54

Tuna with White Beans

An easy, balanced combination of tuna, white beans, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 cup cooked, drained white beans
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the white beans and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 55

Tuna with Lentils

An easy, balanced combination of tuna, lentils, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 cup cooked, drained lentils
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the lentils and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 56

Tuna with Potato and Green Beans

An easy, balanced combination of tuna, potato, green beans, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 cup cooked potato cubes
- 1/2 cup green beans, cooked al dente
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the potato, green beans and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 57

Tuna with Sweet Potato

An easy, balanced combination of tuna, sweet potato, potato, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
365 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked sweet potato cubes
- 1 can tuna in water, well drained
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the sweet potato, potato and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 58

Tuna with Hard-Boiled Egg

An easy, balanced combination of tuna, egg, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
350 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 2 hard-boiled eggs
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 59

Tuna with Egg and Tomato

An easy, balanced combination of tuna, egg, tomato, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
350 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 2 hard-boiled eggs
- 1/2 cup firm tomato, chopped
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg and let everything cool before assembling.
3. Cut, grate or slice the tomato as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 60

Tuna with Egg and Carrot

An easy, balanced combination of tuna, egg, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
350 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 2 hard-boiled eggs
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg and let everything cool before assembling.
3. Cut, grate or slice the carrot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 61

Tuna with Cucumber and Tomato

An easy, balanced combination of tuna, cucumber, tomato, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 cup diced cucumber
- 1/2 cup firm tomato, chopped
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the tomato, cucumber as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 62

Tuna with Red Cabbage

An easy, balanced combination of tuna, red cabbage, cabbage, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup thinly sliced red cabbage
- 1 can tuna in water, well drained
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the red cabbage, cabbage as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 63

Tuna with Beetroot

An easy, balanced combination of tuna, beetroot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 cup cooked beetroot cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the beetroot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 64

Tuna with Broccoli

An easy, balanced combination of tuna, broccoli, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 cup broccoli, cooked al dente
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the broccoli and let everything cool before assembling.
3. Cut, grate or slice the broccoli as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 65

Tuna with Cauliflower

An easy, balanced combination of tuna, cauliflower, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 cup cauliflower, cooked al dente
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the cauliflower and let everything cool before assembling.
3. Cut, grate or slice the cauliflower as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 66

Tuna with Hearts of Palm

An easy, balanced combination of tuna, hearts of palm, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 cup sliced hearts of palm
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the hearts of palm as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 67

Tuna with Whole-Wheat Pasta

An easy, balanced combination of tuna, whole-wheat pasta, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 3/4 cup cooked, cooled whole-wheat pasta
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the whole-wheat pasta and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 68

Tuna with Brown Rice

An easy, balanced combination of tuna, brown rice, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 cup cooked, cooled brown rice
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the brown rice and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 69

Tuna with Quinoa

An easy, balanced combination of tuna, quinoa, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 cup cooked, cooled quinoa
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the quinoa and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 70

Tuna with Black-Eyed Peas

An easy, balanced combination of tuna, black-eyed peas, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 cup cooked, drained black-eyed peas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the black-eyed peas and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 71

Tuna with Carrot and Olives

An easy, balanced combination of tuna, carrot, olives, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 carrot, grated
- 1 tbsp sliced olives
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the carrot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 72

Tuna with Corn and Cucumber

An easy, balanced combination of tuna, cucumber, corn, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 cup diced cucumber
- 3 tbsp sweetcorn, drained
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the cucumber, corn as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 73

Tuna with Cherry Tomatoes and Arugula

An easy, balanced combination of tuna, cherry tomatoes, tomato and other ingredients, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 6 cherry tomatoes, halved
- 1 can tuna in water, well drained
- 1 cup arugula, washed and dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the cherry tomatoes, tomato, arugula as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 74

Tuna with Mango and Greens

An easy, balanced combination of tuna, mango, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
310 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 cup firm mango cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the mango as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 75

Tuna with Apple and Carrot

An easy, balanced combination of tuna, apple, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
310 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 apple, cubed
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the carrot, apple as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 76

Sardines with Tomato and Onion

An easy, balanced combination of sardines, tomato, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
315 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can sardines, drained
- 1/2 cup firm tomato, chopped
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the tomato as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 77

Sardines with Potato and Carrot

An easy, balanced combination of sardines, potato, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
350 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can sardines, drained
- 1/2 cup cooked potato cubes
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the potato and let everything cool before assembling.
3. Cut, grate or slice the carrot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 78

Sardines with Black-Eyed Peas

An easy, balanced combination of sardines, black-eyed peas, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
350 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can sardines, drained
- 1/2 cup cooked, drained black-eyed peas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the black-eyed peas and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 79

Sardines with Chickpeas

An easy, balanced combination of sardines, chickpeas, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
350 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can sardines, drained
- 1/2 cup cooked, drained chickpeas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 80

Sardines with Egg and Tomato

An easy, balanced combination of sardines, egg, tomato, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
370 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can sardines, drained
- 2 hard-boiled eggs
- 1/2 cup firm tomato, chopped
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg and let everything cool before assembling.
3. Cut, grate or slice the tomato as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 81

Sardines with Cabbage and Carrot

An easy, balanced combination of sardines, cabbage, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
315 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can sardines, drained
- 1/2 cup thinly sliced cabbage
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the carrot, cabbage as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 82

Sardines with Cucumber and Greens

An easy, balanced combination of sardines, cucumber, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
315 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can sardines, drained
- 1/2 cup diced cucumber
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the cucumber as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 83

Sardines with Beetroot and Carrot

An easy, balanced combination of sardines, beetroot, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
315 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can sardines, drained
- 1/2 cup cooked beetroot cubes
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the carrot, beetroot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 84

Sardines with Corn and Peas

An easy, balanced combination of sardines, corn, peas, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
315 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can sardines, drained
- 3 tbsp sweetcorn, drained
- 3 tbsp peas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the corn, peas as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 85

Sardines with Sweet Potato and Greens

An easy, balanced combination of sardines, sweet potato, potato, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
385 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked sweet potato cubes
- 1 can sardines, drained
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the sweet potato, potato and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 86

Egg with Lettuce, Tomato and Carrot

An easy, balanced combination of egg, tomato, carrot and other ingredients, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup firm tomato, chopped
- 1/2 carrot, grated
- 1 cup lettuce, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg and let everything cool before assembling.
3. Cut, grate or slice the tomato, carrot, lettuce as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 87

Egg with Beetroot and Greens

An easy, balanced combination of egg, beetroot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup cooked beetroot cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg and let everything cool before assembling.
3. Cut, grate or slice the beetroot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 88

Egg with Broccoli and Carrot

An easy, balanced combination of egg, broccoli, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup broccoli, cooked al dente
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg, broccoli and let everything cool before assembling.
3. Cut, grate or slice the carrot, broccoli as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 89

Egg with Cauliflower and Tomato

An easy, balanced combination of egg, cauliflower, tomato, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup cauliflower, cooked al dente
- 1/2 cup firm tomato, chopped
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg, cauliflower and let everything cool before assembling.
3. Cut, grate or slice the tomato, cauliflower as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 90

Egg with Sweet Potato and Arugula

An easy, balanced combination of egg, sweet potato, potato and other ingredients, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
365 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked sweet potato cubes
- 2 hard-boiled eggs
- 1 cup arugula, washed and dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg, sweet potato, potato and let everything cool before assembling.
3. Cut, grate or slice the arugula as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 91

Egg with Chickpeas

An easy, balanced combination of egg, chickpeas, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup cooked, drained chickpeas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg, chickpeas and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 92

Egg with Lentils

An easy, balanced combination of egg, lentils, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup cooked, drained lentils
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg, lentils and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 93

Egg with Black-Eyed Peas

An easy, balanced combination of egg, black-eyed peas, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup cooked, drained black-eyed peas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg, black-eyed peas and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 94

Egg with White Beans

An easy, balanced combination of egg, white beans, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup cooked, drained white beans
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg, white beans and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 95

Egg with Corn and Peas

An easy, balanced combination of egg, corn, peas, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 3 tbsp sweetcorn, drained
- 3 tbsp peas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg and let everything cool before assembling.
3. Cut, grate or slice the corn, peas as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 96

Egg with Hearts of Palm and Tomato

An easy, balanced combination of egg, hearts of palm, tomato, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup sliced hearts of palm
- 1/2 cup firm tomato, chopped
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg and let everything cool before assembling.
3. Cut, grate or slice the tomato, hearts of palm as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 97

Egg with Cucumber and Carrot

An easy, balanced combination of egg, cucumber, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup diced cucumber
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg and let everything cool before assembling.
3. Cut, grate or slice the cucumber, carrot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 98

Egg with Red Cabbage and Corn

An easy, balanced combination of egg, red cabbage, cabbage and other ingredients, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup thinly sliced red cabbage
- 2 hard-boiled eggs
- 3 tbsp sweetcorn, drained
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg and let everything cool before assembling.
3. Cut, grate or slice the red cabbage, cabbage, corn as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 99

Egg with Roasted Pumpkin

An easy, balanced combination of egg, pumpkin, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**28 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup roasted pumpkin cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg, pumpkin and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 100

Egg with Grilled Zucchini

An easy, balanced combination of egg, zucchini, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup diced zucchini, grilled or raw
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg and let everything cool before assembling.
3. Cut, grate or slice the zucchini as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 101

Egg with Green Beans and Carrot

An easy, balanced combination of egg, carrot, green beans, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 carrot, grated
- 1/2 cup green beans, cooked al dente
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg, green beans and let everything cool before assembling.
3. Cut, grate or slice the carrot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 102

Egg with Brown Rice and Vegetables

An easy, balanced combination of egg, brown rice, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup cooked, cooled brown rice
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg, brown rice and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 103

Egg with Quinoa and Tomato

An easy, balanced combination of egg, quinoa, tomato, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup cooked, cooled quinoa
- 1/2 cup firm tomato, chopped
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg, quinoa and let everything cool before assembling.
3. Cut, grate or slice the tomato as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 104

Egg with Whole-Wheat Pasta and Carrot

An easy, balanced combination of egg, whole-wheat pasta, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 3/4 cup cooked, cooled whole-wheat pasta
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg, whole-wheat pasta and let everything cool before assembling.
3. Cut, grate or slice the carrot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 105

Egg with Cassava and Brazilian Vinaigrette

An easy, balanced combination of egg, cassava, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup cooked cassava cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp vinegar
- 1 tsp lemon juice
- Chopped parsley and scallions to taste
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg, cassava and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 106

Chickpeas with Tomato and Cucumber

An easy, balanced combination of chickpeas, cucumber, tomato, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 1/2 cup diced cucumber
- 1/2 cup firm tomato, chopped
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas and let everything cool before assembling.
3. Cut, grate or slice the tomato, cucumber as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 107

Chickpeas with Carrot and Beetroot

An easy, balanced combination of chickpeas, beetroot, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 1/2 cup cooked beetroot cubes
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas and let everything cool before assembling.
3. Cut, grate or slice the carrot, beetroot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 108

Chickpeas with Red Cabbage

An easy, balanced combination of chickpeas, red cabbage, cabbage, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup thinly sliced red cabbage
- 1/2 cup cooked, drained chickpeas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas and let everything cool before assembling.
3. Cut, grate or slice the red cabbage, cabbage as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 109

Chickpeas with Broccoli

An easy, balanced combination of chickpeas, broccoli, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 1/2 cup broccoli, cooked al dente
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas, broccoli and let everything cool before assembling.
3. Cut, grate or slice the broccoli as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 110

Chickpeas with Cauliflower

An easy, balanced combination of chickpeas, cauliflower, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 1/2 cup cauliflower, cooked al dente
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas, cauliflower and let everything cool before assembling.
3. Cut, grate or slice the cauliflower as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 111

Chickpeas with Roasted Pumpkin

An easy, balanced combination of chickpeas, pumpkin, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**28 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 1/2 cup roasted pumpkin cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas, pumpkin and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 112

Chickpeas with Sweet Potato

An easy, balanced combination of chickpeas, sweet potato, potato, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
345 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked sweet potato cubes
- 1/2 cup cooked, drained chickpeas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas, sweet potato, potato and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 113

Chickpeas with Corn and Peas

An easy, balanced combination of chickpeas, corn, peas, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 3 tbsp sweetcorn, drained
- 3 tbsp peas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas and let everything cool before assembling.
3. Cut, grate or slice the corn, peas as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 114

Chickpeas with Hearts of Palm

An easy, balanced combination of chickpeas, hearts of palm, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 1/2 cup sliced hearts of palm
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas and let everything cool before assembling.
3. Cut, grate or slice the hearts of palm as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 115

Chickpeas with Mango

An easy, balanced combination of chickpeas, mango, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
290 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 1/2 cup firm mango cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas and let everything cool before assembling.
3. Cut, grate or slice the mango as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 116

Chickpeas with Apple

An easy, balanced combination of chickpeas, apple, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
290 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 1/2 apple, cubed
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas and let everything cool before assembling.
3. Cut, grate or slice the apple as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 117

Chickpeas with Pineapple

An easy, balanced combination of chickpeas, pineapple, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
290 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 1/2 cup pineapple cubes, well drained
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas and let everything cool before assembling.
3. Cut, grate or slice the pineapple as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 118

Chickpeas with Egg

An easy, balanced combination of egg, chickpeas, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup cooked, drained chickpeas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg, chickpeas and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 119

Chickpeas with Quinoa

An easy, balanced combination of chickpeas, quinoa, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
310 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 1/2 cup cooked, cooled quinoa
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas, quinoa and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 120

Chickpeas with Brown Rice

An easy, balanced combination of chickpeas, brown rice, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
310 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 1/2 cup cooked, cooled brown rice
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas, brown rice and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 121

Lentils with Tomato and Carrot

An easy, balanced combination of lentils, tomato, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained lentils
- 1/2 cup firm tomato, chopped
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the lentils and let everything cool before assembling.
3. Cut, grate or slice the tomato, carrot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 122

Lentils with Beetroot and Greens

An easy, balanced combination of lentils, beetroot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained lentils
- 1/2 cup cooked beetroot cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the lentils and let everything cool before assembling.
3. Cut, grate or slice the beetroot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 123

Lentils with Red Cabbage

An easy, balanced combination of lentils, red cabbage, cabbage, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup thinly sliced red cabbage
- 1/2 cup cooked, drained lentils
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the lentils and let everything cool before assembling.
3. Cut, grate or slice the red cabbage, cabbage as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 124

Lentils with Cucumber and Tomato

An easy, balanced combination of lentils, cucumber, tomato, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained lentils
- 1/2 cup diced cucumber
- 1/2 cup firm tomato, chopped
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the lentils and let everything cool before assembling.
3. Cut, grate or slice the tomato, cucumber as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 125

Lentils with Broccoli

An easy, balanced combination of lentils, broccoli, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained lentils
- 1/2 cup broccoli, cooked al dente
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the lentils, broccoli and let everything cool before assembling.
3. Cut, grate or slice the broccoli as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 126

Lentils with Roasted Pumpkin

An easy, balanced combination of lentils, pumpkin, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**28 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained lentils
- 1/2 cup roasted pumpkin cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the lentils, pumpkin and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 127

Lentils with Sweet Potato

An easy, balanced combination of lentils, sweet potato, potato, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
345 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked sweet potato cubes
- 1/2 cup cooked, drained lentils
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the lentils, sweet potato, potato and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 128

Lentils with Corn and Carrot

An easy, balanced combination of lentils, corn, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained lentils
- 3 tbsp sweetcorn, drained
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the lentils and let everything cool before assembling.
3. Cut, grate or slice the carrot, corn as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 129

Lentils with Hearts of Palm

An easy, balanced combination of lentils, hearts of palm, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained lentils
- 1/2 cup sliced hearts of palm
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the lentils and let everything cool before assembling.
3. Cut, grate or slice the hearts of palm as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 130

Lentils with Hard-Boiled Egg

An easy, balanced combination of egg, lentils, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup cooked, drained lentils
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg, lentils and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 131

Black-Eyed Peas with Tomato and Onion

An easy, balanced combination of black-eyed peas, tomato, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained black-eyed peas
- 1/2 cup firm tomato, chopped
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the black-eyed peas and let everything cool before assembling.
3. Cut, grate or slice the tomato as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 132

Black-Eyed Peas with Carrot and Cucumber

An easy, balanced combination of black-eyed peas, cucumber, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained black-eyed peas
- 1/2 cup diced cucumber
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the black-eyed peas and let everything cool before assembling.
3. Cut, grate or slice the cucumber, carrot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 133

Black-Eyed Peas with Beetroot

An easy, balanced combination of black-eyed peas, beetroot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained black-eyed peas
- 1/2 cup cooked beetroot cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the black-eyed peas and let everything cool before assembling.
3. Cut, grate or slice the beetroot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 134

Black-Eyed Peas with Corn

An easy, balanced combination of black-eyed peas, corn, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained black-eyed peas
- 3 tbsp sweetcorn, drained
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the black-eyed peas and let everything cool before assembling.
3. Cut, grate or slice the corn as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 135

Black-Eyed Peas with Egg

An easy, balanced combination of egg, black-eyed peas, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup cooked, drained black-eyed peas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg, black-eyed peas and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 136

Black-Eyed Peas with Sweet Potato

An easy, balanced combination of black-eyed peas, sweet potato, potato, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
345 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked sweet potato cubes
- 1/2 cup cooked, drained black-eyed peas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the black-eyed peas, sweet potato, potato and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 137

Black-Eyed Peas with Chicken

An easy, balanced combination of chicken, black-eyed peas, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
350 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1/2 cup cooked, drained black-eyed peas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken, black-eyed peas and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 138

Black-Eyed Peas with Tuna

An easy, balanced combination of tuna, black-eyed peas, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 cup cooked, drained black-eyed peas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the black-eyed peas and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 139

White Beans with Tomato and Carrot

An easy, balanced combination of white beans, tomato, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained white beans
- 1/2 cup firm tomato, chopped
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the white beans and let everything cool before assembling.
3. Cut, grate or slice the tomato, carrot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 140

White Beans with Cucumber and Greens

An easy, balanced combination of white beans, cucumber, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained white beans
- 1/2 cup diced cucumber
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the white beans and let everything cool before assembling.
3. Cut, grate or slice the cucumber as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 141

Quinoa with Cherry Tomatoes and Cucumber

An easy, balanced combination of quinoa, cucumber, cherry tomatoes and other ingredients, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 6 cherry tomatoes, halved
- 1/2 cup cooked, cooled quinoa
- 1/2 cup diced cucumber
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the quinoa and let everything cool before assembling.
3. Cut, grate or slice the cherry tomatoes, tomato, cucumber as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 142

Quinoa with Carrot and Beetroot

An easy, balanced combination of quinoa, beetroot, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, cooled quinoa
- 1/2 cup cooked beetroot cubes
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the quinoa and let everything cool before assembling.
3. Cut, grate or slice the carrot, beetroot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 143

Quinoa with Broccoli

An easy, balanced combination of quinoa, broccoli, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, cooled quinoa
- 1/2 cup broccoli, cooked al dente
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the quinoa, broccoli and let everything cool before assembling.
3. Cut, grate or slice the broccoli as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 144

Quinoa with Roasted Pumpkin

An easy, balanced combination of quinoa, pumpkin, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**28 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, cooled quinoa
- 1/2 cup roasted pumpkin cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the quinoa, pumpkin and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 145

Quinoa with Sweet Potato

An easy, balanced combination of quinoa, sweet potato, potato, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
345 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked sweet potato cubes
- 1/2 cup cooked, cooled quinoa
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the quinoa, sweet potato, potato and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 146

Quinoa with Chickpeas

An easy, balanced combination of chickpeas, quinoa, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
310 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 1/2 cup cooked, cooled quinoa
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas, quinoa and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 147

Quinoa with Lentils

An easy, balanced combination of lentils, quinoa, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
310 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained lentils
- 1/2 cup cooked, cooled quinoa
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the lentils, quinoa and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 148

Quinoa with Egg

An easy, balanced combination of egg, quinoa, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup cooked, cooled quinoa
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg, quinoa and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 149

Quinoa with Chicken

An easy, balanced combination of chicken, quinoa, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
350 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1/2 cup cooked, cooled quinoa
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken, quinoa and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 150

Quinoa with Tuna

An easy, balanced combination of tuna, quinoa, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 cup cooked, cooled quinoa
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the quinoa and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 151

Brown Rice with Chicken and Carrot

An easy, balanced combination of chicken, brown rice, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
350 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1/2 cup cooked, cooled brown rice
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken, brown rice and let everything cool before assembling.
3. Cut, grate or slice the carrot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 152

Brown Rice with Egg and Vegetables

An easy, balanced combination of egg, brown rice, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup cooked, cooled brown rice
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg, brown rice and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 153

Brown Rice with Tuna and Tomato

An easy, balanced combination of tuna, brown rice, tomato, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 cup cooked, cooled brown rice
- 1/2 cup firm tomato, chopped
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the brown rice and let everything cool before assembling.
3. Cut, grate or slice the tomato as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 154

Brown Rice with Chickpeas

An easy, balanced combination of chickpeas, brown rice, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
310 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 1/2 cup cooked, cooled brown rice
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas, brown rice and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 155

Brown Rice with Lentils

An easy, balanced combination of lentils, brown rice, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
310 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained lentils
- 1/2 cup cooked, cooled brown rice
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the lentils, brown rice and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 156

Brown Rice with Broccoli and Carrot

An easy, balanced combination of brown rice, broccoli, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, cooled brown rice
- 1/2 cup broccoli, cooked al dente
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the brown rice, broccoli and let everything cool before assembling.
3. Cut, grate or slice the carrot, broccoli as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 157

Brown Rice with Pumpkin and Greens

An easy, balanced combination of brown rice, pumpkin, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, cooled brown rice
- 1/2 cup roasted pumpkin cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the brown rice, pumpkin and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 158

Brown Rice with Beetroot and Cucumber

An easy, balanced combination of brown rice, beetroot, cucumber, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, cooled brown rice
- 1/2 cup cooked beetroot cubes
- 1/2 cup diced cucumber
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the brown rice and let everything cool before assembling.
3. Cut, grate or slice the cucumber, beetroot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 159

Brown Rice with Corn and Peas

An easy, balanced combination of brown rice, corn, peas, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, cooled brown rice
- 3 tbsp sweetcorn, drained
- 3 tbsp peas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the brown rice and let everything cool before assembling.
3. Cut, grate or slice the corn, peas as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 160

Brown Rice with Black-Eyed Peas

An easy, balanced combination of black-eyed peas, brown rice, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
310 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained black-eyed peas
- 1/2 cup cooked, cooled brown rice
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the black-eyed peas, brown rice and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 161

Whole-Wheat Pasta with Chicken and Tomato

An easy, balanced combination of chicken, whole-wheat pasta, tomato, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
350 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 3/4 cup cooked, cooled whole-wheat pasta
- 1/2 cup firm tomato, chopped
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken, whole-wheat pasta and let everything cool before assembling.
3. Cut, grate or slice the tomato as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 162

Whole-Wheat Pasta with Tuna and Carrot

An easy, balanced combination of tuna, whole-wheat pasta, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 3/4 cup cooked, cooled whole-wheat pasta
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the whole-wheat pasta and let everything cool before assembling.
3. Cut, grate or slice the carrot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 163

Whole-Wheat Pasta with Egg and Vegetables

An easy, balanced combination of egg, whole-wheat pasta, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 3/4 cup cooked, cooled whole-wheat pasta
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg, whole-wheat pasta and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 164

Whole-Wheat Pasta with Broccoli

An easy, balanced combination of whole-wheat pasta, broccoli, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 3/4 cup cooked, cooled whole-wheat pasta
- 1/2 cup broccoli, cooked al dente
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the whole-wheat pasta, broccoli and let everything cool before assembling.
3. Cut, grate or slice the broccoli as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 165

Whole-Wheat Pasta with Zucchini

An easy, balanced combination of whole-wheat pasta, zucchini, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 3/4 cup cooked, cooled whole-wheat pasta
- 1/2 cup diced zucchini, grilled or raw
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the whole-wheat pasta and let everything cool before assembling.
3. Cut, grate or slice the zucchini as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 166

Whole-Wheat Pasta with Chickpeas

An easy, balanced combination of chickpeas, whole-wheat pasta, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
310 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 3/4 cup cooked, cooled whole-wheat pasta
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas, whole-wheat pasta and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 167

Whole-Wheat Pasta with Corn and Peas

An easy, balanced combination of whole-wheat pasta, corn, peas, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 3/4 cup cooked, cooled whole-wheat pasta
- 3 tbsp sweetcorn, drained
- 3 tbsp peas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the whole-wheat pasta and let everything cool before assembling.
3. Cut, grate or slice the corn, peas as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 168

Whole-Wheat Pasta with Cherry Tomatoes and Arugula

An easy, balanced combination of whole-wheat pasta, cherry tomatoes, tomato and other ingredients, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 6 cherry tomatoes, halved
- 3/4 cup cooked, cooled whole-wheat pasta
- 1 cup arugula, washed and dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the whole-wheat pasta and let everything cool before assembling.
3. Cut, grate or slice the cherry tomatoes, tomato, arugula as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 169

Whole-Wheat Pasta with Carrot and Cucumber

An easy, balanced combination of whole-wheat pasta, cucumber, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 3/4 cup cooked, cooled whole-wheat pasta
- 1/2 cup diced cucumber
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the whole-wheat pasta and let everything cool before assembling.
3. Cut, grate or slice the cucumber, carrot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 170

Spring Whole-Wheat Pasta

An easy, balanced combination of whole-wheat pasta, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup leafy greens
- 1/2 carrot, grated
- 1/2 cup diced cucumber
- 1/2 cup chopped tomato
- 3 tbsp sweetcorn
- 3 tbsp peas
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the whole-wheat pasta and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 171

Whole-Wheat Pasta with Chicken and Yogurt Dressing

An easy, balanced combination of chicken, whole-wheat pasta, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
350 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 3/4 cup cooked, cooled whole-wheat pasta
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken, whole-wheat pasta and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 172

Whole-Wheat Pasta with Tuna and Lemon Dressing

An easy, balanced combination of tuna, whole-wheat pasta, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 3/4 cup cooked, cooled whole-wheat pasta
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the whole-wheat pasta and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 173

Whole-Wheat Pasta with Hearts of Palm and Tomato

An easy, balanced combination of whole-wheat pasta, hearts of palm, tomato, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 3/4 cup cooked, cooled whole-wheat pasta
- 1/2 cup sliced hearts of palm
- 1/2 cup firm tomato, chopped
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the whole-wheat pasta and let everything cool before assembling.
3. Cut, grate or slice the tomato, hearts of palm as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 174

Whole-Wheat Pasta with Beetroot and Carrot

An easy, balanced combination of whole-wheat pasta, beetroot, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 3/4 cup cooked, cooled whole-wheat pasta
- 1/2 cup cooked beetroot cubes
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the whole-wheat pasta and let everything cool before assembling.
3. Cut, grate or slice the carrot, beetroot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 175

Whole-Wheat Pasta with Egg and Corn

An easy, balanced combination of egg, whole-wheat pasta, corn, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 3/4 cup cooked, cooled whole-wheat pasta
- 3 tbsp sweetcorn, drained
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg, whole-wheat pasta and let everything cool before assembling.
3. Cut, grate or slice the corn as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 176

Sweet Potato with Chicken and Broccoli

An easy, balanced combination of chicken, sweet potato, potato and other ingredients, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
385 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked sweet potato cubes
- 1 cup cooked, grilled or shredded chicken
- 1/2 cup broccoli, cooked al dente
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken, sweet potato, potato and let everything cool before assembling.
3. Cut, grate or slice the broccoli as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 177

Sweet Potato with Egg and Tomato

An easy, balanced combination of egg, sweet potato, potato and other ingredients, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
365 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked sweet potato cubes
- 2 hard-boiled eggs
- 1/2 cup firm tomato, chopped
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg, sweet potato, potato and let everything cool before assembling.
3. Cut, grate or slice the tomato as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 178

Sweet Potato with Tuna and Greens

An easy, balanced combination of tuna, sweet potato, potato, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
365 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked sweet potato cubes
- 1 can tuna in water, well drained
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the sweet potato, potato and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 179

Sweet Potato with Chickpeas

An easy, balanced combination of chickpeas, sweet potato, potato, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
345 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked sweet potato cubes
- 1/2 cup cooked, drained chickpeas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas, sweet potato, potato and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 180

Sweet Potato with Lentils

An easy, balanced combination of lentils, sweet potato, potato, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
345 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked sweet potato cubes
- 1/2 cup cooked, drained lentils
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the lentils, sweet potato, potato and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 181

Sweet Potato with Black-Eyed Peas

An easy, balanced combination of black-eyed peas, sweet potato, potato, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
345 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked sweet potato cubes
- 1/2 cup cooked, drained black-eyed peas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the black-eyed peas, sweet potato, potato and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 182

Sweet Potato with Carrot and Beetroot

An easy, balanced combination of sweet potato, potato, beetroot and other ingredients, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
310 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked sweet potato cubes
- 1/2 cup cooked beetroot cubes
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the sweet potato, potato and let everything cool before assembling.
3. Cut, grate or slice the carrot, beetroot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 183

Sweet Potato with Broccoli and Cauliflower

An easy, balanced combination of sweet potato, potato, broccoli and other ingredients, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
310 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked sweet potato cubes
- 1/2 cup broccoli, cooked al dente
- 1/2 cup cauliflower, cooked al dente
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the sweet potato, potato, broccoli and let everything cool before assembling.
3. Cut, grate or slice the broccoli, cauliflower as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 184

Sweet Potato with Hearts of Palm and Greens

An easy, balanced combination of sweet potato, potato, hearts of palm, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
310 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked sweet potato cubes
- 1/2 cup sliced hearts of palm
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the sweet potato, potato and let everything cool before assembling.
3. Cut, grate or slice the hearts of palm as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 185

Sweet Potato with Grilled Zucchini

An easy, balanced combination of sweet potato, potato, zucchini, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
310 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked sweet potato cubes
- 1/2 cup diced zucchini, grilled or raw
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the sweet potato, potato and let everything cool before assembling.
3. Cut, grate or slice the zucchini as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 186

Roasted Pumpkin with Chicken

An easy, balanced combination of chicken, pumpkin, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
315 kcal	**28 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1/2 cup roasted pumpkin cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken, pumpkin and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 187

Roasted Pumpkin with Egg

An easy, balanced combination of egg, pumpkin, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**28 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup roasted pumpkin cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg, pumpkin and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 188

Roasted Pumpkin with Chickpeas

An easy, balanced combination of chickpeas, pumpkin, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**28 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 1/2 cup roasted pumpkin cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas, pumpkin and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 189

Roasted Pumpkin with Lentils

An easy, balanced combination of lentils, pumpkin, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**28 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained lentils
- 1/2 cup roasted pumpkin cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the lentils, pumpkin and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 190

Roasted Pumpkin with Quinoa

An easy, balanced combination of quinoa, pumpkin, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**28 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, cooled quinoa
- 1/2 cup roasted pumpkin cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the quinoa, pumpkin and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 191

Roasted Pumpkin with Arugula and Tomato

An easy, balanced combination of pumpkin, tomato, arugula, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
250 kcal	**28 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup roasted pumpkin cubes
- 1/2 cup firm tomato, chopped
- 1 cup arugula, washed and dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the pumpkin and let everything cool before assembling.
3. Cut, grate or slice the tomato, arugula as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 192

Roasted Pumpkin with Broccoli

An easy, balanced combination of pumpkin, broccoli, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
250 kcal	**28 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup roasted pumpkin cubes
- 1/2 cup broccoli, cooked al dente
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the pumpkin, broccoli and let everything cool before assembling.
3. Cut, grate or slice the broccoli as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 193

Roasted Pumpkin with Red Cabbage

An easy, balanced combination of pumpkin, red cabbage, cabbage, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
250 kcal	**28 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup thinly sliced red cabbage
- 1/2 cup roasted pumpkin cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the pumpkin and let everything cool before assembling.
3. Cut, grate or slice the red cabbage, cabbage as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 194

Roasted Pumpkin with Black-Eyed Peas

An easy, balanced combination of black-eyed peas, pumpkin, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**28 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained black-eyed peas
- 1/2 cup roasted pumpkin cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the black-eyed peas, pumpkin and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 195

Roasted Pumpkin with Hearts of Palm

An easy, balanced combination of pumpkin, hearts of palm, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
250 kcal	**28 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup roasted pumpkin cubes
- 1/2 cup sliced hearts of palm
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the pumpkin and let everything cool before assembling.
3. Cut, grate or slice the hearts of palm as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 196

Broccoli with Chicken and Carrot

An easy, balanced combination of chicken, broccoli, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
315 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1/2 cup broccoli, cooked al dente
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken, broccoli and let everything cool before assembling.
3. Cut, grate or slice the carrot, broccoli as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 197

Broccoli with Egg and Tomato

An easy, balanced combination of egg, broccoli, tomato, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup broccoli, cooked al dente
- 1/2 cup firm tomato, chopped
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg, broccoli and let everything cool before assembling.
3. Cut, grate or slice the tomato, broccoli as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 198

Broccoli with Tuna and Corn

An easy, balanced combination of tuna, broccoli, corn, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 cup broccoli, cooked al dente
- 3 tbsp sweetcorn, drained
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the broccoli and let everything cool before assembling.
3. Cut, grate or slice the broccoli, corn as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 199

Broccoli with Chickpeas

An easy, balanced combination of chickpeas, broccoli, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 1/2 cup broccoli, cooked al dente
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas, broccoli and let everything cool before assembling.
3. Cut, grate or slice the broccoli as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 200

Broccoli with Lentils

An easy, balanced combination of lentils, broccoli, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained lentils
- 1/2 cup broccoli, cooked al dente
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the lentils, broccoli and let everything cool before assembling.
3. Cut, grate or slice the broccoli as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 201

Broccoli with Sweet Potato

An easy, balanced combination of sweet potato, potato, broccoli, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
310 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked sweet potato cubes
- 1/2 cup broccoli, cooked al dente
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the sweet potato, potato, broccoli and let everything cool before assembling.
3. Cut, grate or slice the broccoli as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 202

Broccoli with Cauliflower and Carrot

An easy, balanced combination of broccoli, cauliflower, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
250 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup broccoli, cooked al dente
- 1/2 cup cauliflower, cooked al dente
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the broccoli, cauliflower and let everything cool before assembling.
3. Cut, grate or slice the carrot, broccoli, cauliflower as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 203

Broccoli with Beetroot and Greens

An easy, balanced combination of broccoli, beetroot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
250 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup broccoli, cooked al dente
- 1/2 cup cooked beetroot cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the broccoli and let everything cool before assembling.
3. Cut, grate or slice the beetroot, broccoli as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 204

Broccoli with Hearts of Palm and Tomato

An easy, balanced combination of broccoli, hearts of palm, tomato, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
250 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup broccoli, cooked al dente
- 1/2 cup sliced hearts of palm
- 1/2 cup firm tomato, chopped
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the broccoli and let everything cool before assembling.
3. Cut, grate or slice the tomato, hearts of palm, broccoli as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 205

Broccoli with Quinoa

An easy, balanced combination of quinoa, broccoli, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, cooled quinoa
- 1/2 cup broccoli, cooked al dente
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the quinoa, broccoli and let everything cool before assembling.
3. Cut, grate or slice the broccoli as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 206

Cauliflower with Chicken and Carrot

An easy, balanced combination of chicken, cauliflower, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
315 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1/2 cup cauliflower, cooked al dente
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken, cauliflower and let everything cool before assembling.
3. Cut, grate or slice the carrot, cauliflower as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 207

Cauliflower with Egg and Tomato

An easy, balanced combination of egg, cauliflower, tomato, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup cauliflower, cooked al dente
- 1/2 cup firm tomato, chopped
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg, cauliflower and let everything cool before assembling.
3. Cut, grate or slice the tomato, cauliflower as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 208

Cauliflower with Tuna

An easy, balanced combination of tuna, cauliflower, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 cup cauliflower, cooked al dente
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the cauliflower and let everything cool before assembling.
3. Cut, grate or slice the cauliflower as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 209

Cauliflower with Chickpeas

An easy, balanced combination of chickpeas, cauliflower, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 1/2 cup cauliflower, cooked al dente
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas, cauliflower and let everything cool before assembling.
3. Cut, grate or slice the cauliflower as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 210

Cauliflower with Lentils

An easy, balanced combination of lentils, cauliflower, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained lentils
- 1/2 cup cauliflower, cooked al dente
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the lentils, cauliflower and let everything cool before assembling.
3. Cut, grate or slice the cauliflower as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 211

Cauliflower with Sweet Potato

An easy, balanced combination of sweet potato, potato, cauliflower, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
310 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked sweet potato cubes
- 1/2 cup cauliflower, cooked al dente
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the sweet potato, potato, cauliflower and let everything cool before assembling.
3. Cut, grate or slice the cauliflower as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 212

Cauliflower with Beetroot

An easy, balanced combination of cauliflower, beetroot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
250 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cauliflower, cooked al dente
- 1/2 cup cooked beetroot cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the cauliflower and let everything cool before assembling.
3. Cut, grate or slice the beetroot, cauliflower as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 213

Cauliflower with Corn and Peas

An easy, balanced combination of cauliflower, corn, peas, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
250 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cauliflower, cooked al dente
- 3 tbsp sweetcorn, drained
- 3 tbsp peas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the cauliflower and let everything cool before assembling.
3. Cut, grate or slice the cauliflower, corn, peas as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 214

Cauliflower with Hearts of Palm

An easy, balanced combination of cauliflower, hearts of palm, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
250 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cauliflower, cooked al dente
- 1/2 cup sliced hearts of palm
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the cauliflower and let everything cool before assembling.
3. Cut, grate or slice the hearts of palm, cauliflower as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 215

Cauliflower with Quinoa

An easy, balanced combination of quinoa, cauliflower, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, cooled quinoa
- 1/2 cup cauliflower, cooked al dente
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the quinoa, cauliflower and let everything cool before assembling.
3. Cut, grate or slice the cauliflower as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 216

Red Cabbage with Chicken and Carrot

An easy, balanced combination of chicken, red cabbage, cabbage and other ingredients, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
315 kcal	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup thinly sliced red cabbage
- 1 cup cooked, grilled or shredded chicken
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken and let everything cool before assembling.
3. Cut, grate or slice the carrot, red cabbage, cabbage as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 217

Red Cabbage with Tuna and Corn

An easy, balanced combination of tuna, red cabbage, cabbage and other ingredients, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup thinly sliced red cabbage
- 1 can tuna in water, well drained
- 3 tbsp sweetcorn, drained
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the red cabbage, cabbage, corn as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 218

Red Cabbage with Egg and Tomato

An easy, balanced combination of egg, red cabbage, cabbage and other ingredients, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup thinly sliced red cabbage
- 2 hard-boiled eggs
- 1/2 cup firm tomato, chopped
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg and let everything cool before assembling.
3. Cut, grate or slice the tomato, red cabbage, cabbage as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 219

Red Cabbage with Chickpeas

An easy, balanced combination of chickpeas, red cabbage, cabbage, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup thinly sliced red cabbage
- 1/2 cup cooked, drained chickpeas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas and let everything cool before assembling.
3. Cut, grate or slice the red cabbage, cabbage as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 220

Red Cabbage with Lentils

An easy, balanced combination of lentils, red cabbage, cabbage, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup thinly sliced red cabbage
- 1/2 cup cooked, drained lentils
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the lentils and let everything cool before assembling.
3. Cut, grate or slice the red cabbage, cabbage as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 221

Red Cabbage with Apple and Carrot

An easy, balanced combination of red cabbage, cabbage, apple and other ingredients, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
255 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup thinly sliced red cabbage
- 1/2 apple, cubed
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the carrot, red cabbage, cabbage, apple as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 222

Red Cabbage with Mango

An easy, balanced combination of red cabbage, cabbage, mango, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
255 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup thinly sliced red cabbage
- 1/2 cup firm mango cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the red cabbage, cabbage, mango as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 223

Red Cabbage with Pineapple

An easy, balanced combination of red cabbage, cabbage, pineapple, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
255 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup thinly sliced red cabbage
- 1/2 cup pineapple cubes, well drained
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the red cabbage, cabbage, pineapple as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 224

Red Cabbage with Beetroot

An easy, balanced combination of red cabbage, cabbage, beetroot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
250 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup thinly sliced red cabbage
- 1/2 cup cooked beetroot cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the beetroot, red cabbage, cabbage as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 225

Red Cabbage with Cucumber and Corn

An easy, balanced combination of red cabbage, cabbage, cucumber and other ingredients, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
250 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup thinly sliced red cabbage
- 1/2 cup diced cucumber
- 3 tbsp sweetcorn, drained
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the cucumber, red cabbage, cabbage, corn as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 226

Beetroot with Chicken and Carrot

An easy, balanced combination of chicken, beetroot, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
315 kcal	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1/2 cup cooked beetroot cubes
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken and let everything cool before assembling.
3. Cut, grate or slice the carrot, beetroot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 227

Beetroot with Tuna and Greens

An easy, balanced combination of tuna, beetroot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 cup cooked beetroot cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the beetroot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 228

Beetroot with Egg and Tomato

An easy, balanced combination of egg, beetroot, tomato, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup cooked beetroot cubes
- 1/2 cup firm tomato, chopped
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg and let everything cool before assembling.
3. Cut, grate or slice the tomato, beetroot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 229

Beetroot with Chickpeas

An easy, balanced combination of chickpeas, beetroot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 1/2 cup cooked beetroot cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas and let everything cool before assembling.
3. Cut, grate or slice the beetroot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 230

Beetroot with Lentils

An easy, balanced combination of lentils, beetroot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained lentils
- 1/2 cup cooked beetroot cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the lentils and let everything cool before assembling.
3. Cut, grate or slice the beetroot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 231

Beetroot with Sweet Potato

An easy, balanced combination of sweet potato, potato, beetroot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
310 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked sweet potato cubes
- 1/2 cup cooked beetroot cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the sweet potato, potato and let everything cool before assembling.
3. Cut, grate or slice the beetroot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 232

Beetroot with Orange

An easy, balanced combination of beetroot, orange, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
255 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked beetroot cubes
- 1/2 cup orange segments, seeds removed
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the beetroot, orange as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 233

Beetroot with Apple

An easy, balanced combination of beetroot, apple, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
255 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked beetroot cubes
- 1/2 apple, cubed
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the beetroot, apple as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 234

Beetroot with Cucumber

An easy, balanced combination of beetroot, cucumber, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
250 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked beetroot cubes
- 1/2 cup diced cucumber
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the cucumber, beetroot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 235

Beetroot with Hearts of Palm

An easy, balanced combination of beetroot, hearts of palm, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
250 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked beetroot cubes
- 1/2 cup sliced hearts of palm
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the beetroot, hearts of palm as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 236

Hearts of Palm with Tomato and Greens

An easy, balanced combination of hearts of palm, tomato, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
250 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup sliced hearts of palm
- 1/2 cup firm tomato, chopped
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the tomato, hearts of palm as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 237

Hearts of Palm with Carrot and Cucumber

An easy, balanced combination of hearts of palm, cucumber, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
250 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup sliced hearts of palm
- 1/2 cup diced cucumber
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the cucumber, carrot, hearts of palm as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 238

Hearts of Palm with Corn and Peas

An easy, balanced combination of hearts of palm, corn, peas, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
250 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup sliced hearts of palm
- 3 tbsp sweetcorn, drained
- 3 tbsp peas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the hearts of palm, corn, peas as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 239

Hearts of Palm with Hard-Boiled Egg

An easy, balanced combination of egg, hearts of palm, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup sliced hearts of palm
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg and let everything cool before assembling.
3. Cut, grate or slice the hearts of palm as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 240

Hearts of Palm with Chicken

An easy, balanced combination of chicken, hearts of palm, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
315 kcal	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1/2 cup sliced hearts of palm
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken and let everything cool before assembling.
3. Cut, grate or slice the hearts of palm as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 241

Hearts of Palm with Tuna

An easy, balanced combination of tuna, hearts of palm, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 cup sliced hearts of palm
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the hearts of palm as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 242

Hearts of Palm with Chickpeas

An easy, balanced combination of chickpeas, hearts of palm, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 1/2 cup sliced hearts of palm
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas and let everything cool before assembling.
3. Cut, grate or slice the hearts of palm as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 243

Hearts of Palm with Lentils

An easy, balanced combination of lentils, hearts of palm, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained lentils
- 1/2 cup sliced hearts of palm
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the lentils and let everything cool before assembling.
3. Cut, grate or slice the hearts of palm as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 244

Hearts of Palm with Beetroot

An easy, balanced combination of beetroot, hearts of palm, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
250 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked beetroot cubes
- 1/2 cup sliced hearts of palm
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the beetroot, hearts of palm as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 245

Hearts of Palm with Broccoli

An easy, balanced combination of broccoli, hearts of palm, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
250 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup broccoli, cooked al dente
- 1/2 cup sliced hearts of palm
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the broccoli and let everything cool before assembling.
3. Cut, grate or slice the hearts of palm, broccoli as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 246

Cucumber with Tomato and Carrot

An easy, balanced combination of cucumber, tomato, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
250 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup diced cucumber
- 1/2 cup firm tomato, chopped
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the tomato, cucumber, carrot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 247

Cucumber with Corn and Greens

An easy, balanced combination of cucumber, corn, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
250 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup diced cucumber
- 3 tbsp sweetcorn, drained
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the cucumber, corn as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 248

Cucumber with Hard-Boiled Egg

An easy, balanced combination of egg, cucumber, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup diced cucumber
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg and let everything cool before assembling.
3. Cut, grate or slice the cucumber as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 249

Cucumber with Grilled Chicken

An easy, balanced combination of chicken, cucumber, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
315 kcal	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1/2 cup diced cucumber
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken and let everything cool before assembling.
3. Cut, grate or slice the cucumber as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 250

Cucumber with Tuna

An easy, balanced combination of tuna, cucumber, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 cup diced cucumber
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the cucumber as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 251

Cucumber with Chickpeas

An easy, balanced combination of chickpeas, cucumber, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 1/2 cup diced cucumber
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas and let everything cool before assembling.
3. Cut, grate or slice the cucumber as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 252

Cucumber with Lentils

An easy, balanced combination of lentils, cucumber, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained lentils
- 1/2 cup diced cucumber
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the lentils and let everything cool before assembling.
3. Cut, grate or slice the cucumber as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 253

Cucumber with Beetroot

An easy, balanced combination of beetroot, cucumber, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
250 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked beetroot cubes
- 1/2 cup diced cucumber
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the cucumber, beetroot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 254

Cucumber with Red Cabbage

An easy, balanced combination of red cabbage, cabbage, cucumber, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
250 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup thinly sliced red cabbage
- 1/2 cup diced cucumber
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the cucumber, red cabbage, cabbage as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 255

Cucumber with Mango and Greens

An easy, balanced combination of cucumber, mango, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
255 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup diced cucumber
- 1/2 cup firm mango cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the cucumber, mango as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 256

Mango with Chicken and Greens

An easy, balanced combination of chicken, mango, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1/2 cup firm mango cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken and let everything cool before assembling.
3. Cut, grate or slice the mango as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 257

Mango with Tuna and Cucumber

An easy, balanced combination of tuna, cucumber, mango, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
310 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 cup diced cucumber
- 1/2 cup firm mango cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the cucumber, mango as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 258

Mango with Chickpeas

An easy, balanced combination of chickpeas, mango, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
290 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 1/2 cup firm mango cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas and let everything cool before assembling.
3. Cut, grate or slice the mango as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 259

Mango with Red Cabbage

An easy, balanced combination of red cabbage, cabbage, mango, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
255 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup thinly sliced red cabbage
- 1/2 cup firm mango cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the red cabbage, cabbage, mango as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 260

Mango with Carrot and Cucumber

An easy, balanced combination of cucumber, mango, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
255 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup diced cucumber
- 1/2 cup firm mango cubes
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the cucumber, carrot, mango as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 261

Mango with Quinoa

An easy, balanced combination of quinoa, mango, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
290 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, cooled quinoa
- 1/2 cup firm mango cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the quinoa and let everything cool before assembling.
3. Cut, grate or slice the mango as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 262

Mango with Hearts of Palm

An easy, balanced combination of hearts of palm, mango, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
255 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup sliced hearts of palm
- 1/2 cup firm mango cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the hearts of palm, mango as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 263

Mango with Cherry Tomatoes and Arugula

An easy, balanced combination of mango, cherry tomatoes, tomato and other ingredients, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
255 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 6 cherry tomatoes, halved
- 1/2 cup firm mango cubes
- 1 cup arugula, washed and dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the cherry tomatoes, tomato, mango, arugula as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 264

Mango with Black-Eyed Peas

An easy, balanced combination of black-eyed peas, mango, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
290 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained black-eyed peas
- 1/2 cup firm mango cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the black-eyed peas and let everything cool before assembling.
3. Cut, grate or slice the mango as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 265

Mango with Egg and Greens

An easy, balanced combination of egg, mango, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
310 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup firm mango cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg and let everything cool before assembling.
3. Cut, grate or slice the mango as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 266

Apple with Chicken and Carrot

An easy, balanced combination of chicken, apple, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1/2 apple, cubed
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken and let everything cool before assembling.
3. Cut, grate or slice the carrot, apple as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 267

Apple with Tuna and Greens

An easy, balanced combination of tuna, apple, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
310 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 apple, cubed
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the apple as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 268

Apple with Red Cabbage

An easy, balanced combination of red cabbage, cabbage, apple, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
255 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup thinly sliced red cabbage
- 1/2 apple, cubed
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the red cabbage, cabbage, apple as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 269

Apple with Chickpeas

An easy, balanced combination of chickpeas, apple, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
290 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 1/2 apple, cubed
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas and let everything cool before assembling.
3. Cut, grate or slice the apple as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 270

Apple with Lentils

An easy, balanced combination of lentils, apple, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
290 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained lentils
- 1/2 apple, cubed
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the lentils and let everything cool before assembling.
3. Cut, grate or slice the apple as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 271

Apple with Carrot and Cucumber

An easy, balanced combination of cucumber, apple, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
255 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup diced cucumber
- 1/2 apple, cubed
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the cucumber, carrot, apple as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 272

Apple with Beetroot

An easy, balanced combination of beetroot, apple, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
255 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked beetroot cubes
- 1/2 apple, cubed
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the beetroot, apple as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 273

Apple with Egg and Greens

An easy, balanced combination of egg, apple, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
310 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 apple, cubed
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg and let everything cool before assembling.
3. Cut, grate or slice the apple as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 274

Apple with Quinoa

An easy, balanced combination of quinoa, apple, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
290 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, cooled quinoa
- 1/2 apple, cubed
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the quinoa and let everything cool before assembling.
3. Cut, grate or slice the apple as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 275

Apple with Hearts of Palm

An easy, balanced combination of hearts of palm, apple, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
255 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup sliced hearts of palm
- 1/2 apple, cubed
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the hearts of palm, apple as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 276

Pineapple with Chicken and Carrot

An easy, balanced combination of chicken, pineapple, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1/2 cup pineapple cubes, well drained
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken and let everything cool before assembling.
3. Cut, grate or slice the carrot, pineapple as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 277

Pineapple with Tuna and Greens

An easy, balanced combination of tuna, pineapple, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
310 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 cup pineapple cubes, well drained
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the pineapple as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 278

Pineapple with Red Cabbage

An easy, balanced combination of red cabbage, cabbage, pineapple, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
255 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup thinly sliced red cabbage
- 1/2 cup pineapple cubes, well drained
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the red cabbage, cabbage, pineapple as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 279

Pineapple with Chickpeas

An easy, balanced combination of chickpeas, pineapple, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
290 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 1/2 cup pineapple cubes, well drained
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas and let everything cool before assembling.
3. Cut, grate or slice the pineapple as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 280

Pineapple with Carrot and Cucumber

An easy, balanced combination of cucumber, pineapple, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
255 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup diced cucumber
- 1/2 cup pineapple cubes, well drained
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the cucumber, carrot, pineapple as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 281

Orange with Chicken and Carrot

An easy, balanced combination of chicken, orange, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1/2 cup orange segments, seeds removed
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken and let everything cool before assembling.
3. Cut, grate or slice the carrot, orange as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 282

Orange with Beetroot and Greens

An easy, balanced combination of beetroot, orange, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
255 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked beetroot cubes
- 1/2 cup orange segments, seeds removed
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the beetroot, orange as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 283

Orange with Chickpeas

An easy, balanced combination of chickpeas, orange, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
290 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 1/2 cup orange segments, seeds removed
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas and let everything cool before assembling.
3. Cut, grate or slice the orange as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 284

Orange with Red Cabbage

An easy, balanced combination of red cabbage, cabbage, orange, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
255 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup thinly sliced red cabbage
- 1/2 cup orange segments, seeds removed
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the red cabbage, cabbage, orange as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 285

Orange with Quinoa and Greens

An easy, balanced combination of quinoa, orange, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
290 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, cooled quinoa
- 1/2 cup orange segments, seeds removed
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the quinoa and let everything cool before assembling.
3. Cut, grate or slice the orange as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 286

Light Chicken Caesar Salad

An easy, balanced combination of chicken, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
340 kcal	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 2 tbsp plain yogurt
- 1 tsp mustard
- 1 tsp lemon juice
- 1 tsp grated Parmesan
- Black pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 287

Light Chicken and Chickpea Caesar Salad

An easy, balanced combination of chicken, chickpeas, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
375 kcal	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1/2 cup cooked, drained chickpeas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 2 tbsp plain yogurt
- 1 tsp mustard
- 1 tsp lemon juice
- 1 tsp grated Parmesan
- Black pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken, chickpeas and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 288

Light Greek Salad

An easy, balanced combination of fresh, nutritious ingredients, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
250 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup leafy greens
- 1/2 cup diced cucumber
- 1/2 cup chopped tomato
- 2 tbsp fresh white cheese, cubed
- 1 tbsp sliced olives
- 2 tbsp sliced red onion
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 289

Light Tropical Chicken Salad

An easy, balanced combination of chicken, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
315 kcal	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1/2 cup mango or pineapple cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 290

Tropical Tuna Salad

An easy, balanced combination of tuna, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 cup mango or pineapple cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 291

Colorful Crunchy Salad

An easy, balanced combination of fresh, nutritious ingredients, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
250 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup leafy greens
- 1/2 cup sliced red cabbage
- 1/2 carrot, grated
- 1/2 cup diced cucumber
- 3 tbsp sweetcorn
- 2 tbsp cooked chickpeas
- 1/2 cup firm tomato, chopped
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 292

Spring Salad in a Jar

An easy, balanced combination of fresh, nutritious ingredients, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
250 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup leafy greens
- 1/2 carrot, grated
- 1/2 cup diced cucumber
- 1/2 cup chopped tomato
- 3 tbsp sweetcorn
- 3 tbsp peas
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 293

Brazilian Chicken Salad

An easy, balanced combination of chicken, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
315 kcal	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 3 tbsp sweetcorn
- 3 tbsp cooked black-eyed peas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 294

Chicken Salad with Brazilian Vinaigrette

An easy, balanced combination of chicken, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
315 kcal	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp vinegar
- 1 tsp lemon juice
- Chopped parsley and scallions to taste
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 295

Tuna Salad with Brazilian Vinaigrette

An easy, balanced combination of tuna, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp vinegar
- 1 tsp lemon juice
- Chopped parsley and scallions to taste
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 296

Light Black-Eyed Pea Salad

An easy, balanced combination of black-eyed peas, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained black-eyed peas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the black-eyed peas and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 297

Traditional Chickpea Salad

An easy, balanced combination of chickpeas, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 298

Colorful Lentil Salad

An easy, balanced combination of lentils, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained lentils
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the lentils and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 299

Light Potato and Egg Salad

An easy, balanced combination of egg, potato, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup cooked potato cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg, potato and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 300

Whole-Wheat Pasta Salad with Chicken

An easy, balanced combination of chicken, whole-wheat pasta, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
350 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 3/4 cup cooked, cooled whole-wheat pasta
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken, whole-wheat pasta and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 301

Whole-Wheat Pasta Salad with Tuna

An easy, balanced combination of tuna, whole-wheat pasta, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 3/4 cup cooked, cooled whole-wheat pasta
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the whole-wheat pasta and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 302

Colorful Quinoa Salad

An easy, balanced combination of quinoa, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, cooled quinoa
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the quinoa and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 303

Protein-Rich Chicken and Egg Salad

An easy, balanced combination of chicken, egg, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
370 kcal	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 2 hard-boiled eggs
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken, egg and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 304

Protein-Rich Tuna and Egg Salad

An easy, balanced combination of tuna, egg, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
350 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 2 hard-boiled eggs
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 305

Protein-Rich Chickpea and Egg Salad

An easy, balanced combination of egg, chickpeas, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup cooked, drained chickpeas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg, chickpeas and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 306

Chicken with Light Caesar Dressing

An easy, balanced combination of chicken, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
340 kcal	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 2 tbsp plain yogurt
- 1 tsp mustard
- 1 tsp lemon juice
- 1 tsp grated Parmesan
- Black pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 307

Chicken with Yogurt and Lemon Dressing

An easy, balanced combination of chicken, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
315 kcal	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 2 tbsp plain yogurt
- 1 tsp lemon juice
- 1 tsp olive oil
- Dried herbs to taste
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 308

Chicken with Light Mustard Dressing

An easy, balanced combination of chicken, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
315 kcal	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tsp mustard
- 1 tbsp plain yogurt
- 1 tsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 309

Chicken with Fresh Herb Dressing

An easy, balanced combination of chicken, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
315 kcal	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 2 tbsp plain yogurt
- 1 tbsp chopped parsley and scallions
- 1 tsp lemon juice
- 1 tsp olive oil
- Salt to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 310

Tuna with Yogurt and Lemon Dressing

An easy, balanced combination of tuna, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 2 tbsp plain yogurt
- 1 tsp lemon juice
- 1 tsp olive oil
- Dried herbs to taste
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 311

Tuna with Light Mustard Dressing

An easy, balanced combination of tuna, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tsp mustard
- 1 tbsp plain yogurt
- 1 tsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 312

Chickpeas with Lemon and Herb Dressing

An easy, balanced combination of chickpeas, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 313

Lentils with Lemon and Parsley Dressing

An easy, balanced combination of lentils, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained lentils
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the lentils and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 314

Quinoa with Yogurt and Herb Dressing

An easy, balanced combination of quinoa, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, cooled quinoa
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the quinoa and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 315

Egg with Creamy Yogurt Dressing

An easy, balanced combination of egg, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 2 tbsp plain yogurt
- 1 tsp olive oil
- 1 tsp lemon juice
- Oregano to taste
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 316

Chicken with Lemon Vinaigrette

An easy, balanced combination of chicken, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
315 kcal	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp vinegar
- 1 tsp lemon juice
- Chopped parsley and scallions to taste
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 317

Tuna with Herb Vinaigrette

An easy, balanced combination of tuna, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp vinegar
- 1 tsp lemon juice
- Chopped parsley and scallions to taste
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 318

Chickpeas with Traditional Brazilian Vinaigrette

An easy, balanced combination of chickpeas, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp vinegar
- 1 tsp lemon juice
- Chopped parsley and scallions to taste
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 319

Black-Eyed Peas with Brazilian Vinaigrette

An easy, balanced combination of black-eyed peas, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained black-eyed peas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp vinegar
- 1 tsp lemon juice
- Chopped parsley and scallions to taste
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the black-eyed peas and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 320

Hearts of Palm with Brazilian Vinaigrette and Greens

An easy, balanced combination of hearts of palm, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
250 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup sliced hearts of palm
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp vinegar
- 1 tsp lemon juice
- Chopped parsley and scallions to taste
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the hearts of palm as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 321

Post-Workout Chicken Salad

An easy, balanced combination of chicken, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
315 kcal	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 322

Post-Workout Tuna Salad

An easy, balanced combination of tuna, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 323

Post-Workout Egg Salad

An easy, balanced combination of egg, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 324

Protein-Rich Chicken and Chickpea Salad

An easy, balanced combination of chicken, chickpeas, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
350 kcal	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1/2 cup cooked, drained chickpeas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken, chickpeas and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 325

Protein-Rich Chicken and Lentil Salad

An easy, balanced combination of chicken, lentils, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
350 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1/2 cup cooked, drained lentils
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken, lentils and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 326

Protein-Rich Tuna and Chickpea Salad

An easy, balanced combination of tuna, chickpeas, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 cup cooked, drained chickpeas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 327

Protein-Rich Egg and Lentil Salad

An easy, balanced combination of egg, lentils, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup cooked, drained lentils
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg, lentils and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 328

Protein-Rich Egg and Black-Eyed Pea Salad

An easy, balanced combination of egg, black-eyed peas, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup cooked, drained black-eyed peas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg, black-eyed peas and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 329

Energy-Boosting Sweet Potato and Chicken Salad

An easy, balanced combination of chicken, sweet potato, potato, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
385 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked sweet potato cubes
- 1 cup cooked, grilled or shredded chicken
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken, sweet potato, potato and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 330

Energy-Boosting Quinoa and Chicken Salad

An easy, balanced combination of chicken, quinoa, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
350 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1/2 cup cooked, cooled quinoa
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken, quinoa and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 331

Brown Rice and Chicken Meal Salad

An easy, balanced combination of chicken, brown rice, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
350 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1/2 cup cooked, cooled brown rice
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken, brown rice and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 332

Brown Rice and Tuna Meal Salad

An easy, balanced combination of tuna, brown rice, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 cup cooked, cooled brown rice
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the brown rice and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 333

Whole-Wheat Pasta and Egg Meal Salad

An easy, balanced combination of egg, whole-wheat pasta, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 3/4 cup cooked, cooled whole-wheat pasta
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg, whole-wheat pasta and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 334

Sweet Potato and Egg Meal Salad

An easy, balanced combination of egg, sweet potato, potato, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
365 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked sweet potato cubes
- 2 hard-boiled eggs
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg, sweet potato, potato and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 335

Chickpea and Quinoa Meal Salad

An easy, balanced combination of chickpeas, quinoa, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
310 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 1/2 cup cooked, cooled quinoa
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas, quinoa and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 336

Crunchy Chicken and Cabbage Salad

An easy, balanced combination of chicken, cabbage, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
315 kcal	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1/2 cup thinly sliced cabbage
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken and let everything cool before assembling.
3. Cut, grate or slice the cabbage as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 337

Crunchy Tuna and Carrot Salad

An easy, balanced combination of tuna, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the carrot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 338

Crunchy Chickpea Salad

An easy, balanced combination of chickpeas, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 339

Crunchy Egg and Cabbage Salad

An easy, balanced combination of egg, cabbage, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup thinly sliced cabbage
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg and let everything cool before assembling.
3. Cut, grate or slice the cabbage as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 340

Crunchy Apple and Carrot Salad

An easy, balanced combination of apple, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
255 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 apple, cubed
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the carrot, apple as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 341

Tropical Chicken Salad with Mango

An easy, balanced combination of chicken, mango, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1/2 cup firm mango cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken and let everything cool before assembling.
3. Cut, grate or slice the mango as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 342

Tropical Chicken Salad with Pineapple

An easy, balanced combination of chicken, pineapple, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1/2 cup pineapple cubes, well drained
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken and let everything cool before assembling.
3. Cut, grate or slice the pineapple as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 343

Tropical Tuna Salad with Mango

An easy, balanced combination of tuna, mango, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
310 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 cup firm mango cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the mango as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 344

Tropical Chickpea Salad with Mango

An easy, balanced combination of chickpeas, mango, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
290 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 1/2 cup firm mango cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas and let everything cool before assembling.
3. Cut, grate or slice the mango as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 345

Tropical Quinoa Salad with Orange

An easy, balanced combination of quinoa, orange, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
290 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, cooled quinoa
- 1/2 cup orange segments, seeds removed
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the quinoa and let everything cool before assembling.
3. Cut, grate or slice the orange as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 346

Refreshing Cucumber and Chicken Salad

An easy, balanced combination of chicken, cucumber, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
315 kcal	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1/2 cup diced cucumber
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken and let everything cool before assembling.
3. Cut, grate or slice the cucumber as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 347

Refreshing Cucumber and Tuna Salad

An easy, balanced combination of tuna, cucumber, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
295 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 cup diced cucumber
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the cucumber as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 348

Refreshing Cucumber and Chickpea Salad

An easy, balanced combination of chickpeas, cucumber, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 1/2 cup diced cucumber
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas and let everything cool before assembling.
3. Cut, grate or slice the cucumber as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 349

Refreshing Watermelon, Cucumber and Greens Salad

An easy, balanced combination of cucumber, watermelon, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
255 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup diced cucumber
- 1/2 cup seedless watermelon cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the cucumber as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 350

Refreshing Mango and Cucumber Salad

An easy, balanced combination of cucumber, mango, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
255 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup diced cucumber
- 1/2 cup firm mango cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Cook or prepare any ingredients that require cooking and let cool completely.
3. Cut, grate or slice the cucumber, mango as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 351

Chicken, Sweet Potato, Broccoli and Carrot

An easy, balanced combination of chicken, sweet potato, potato and other ingredients, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
385 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked sweet potato cubes
- 1 cup cooked, grilled or shredded chicken
- 1/2 cup broccoli, cooked al dente
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken, sweet potato, potato and let everything cool before assembling.
3. Cut, grate or slice the carrot, broccoli as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 352

Chicken, Chickpeas, Tomato and Arugula

An easy, balanced combination of chicken, chickpeas, tomato and other ingredients, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
350 kcal	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1/2 cup cooked, drained chickpeas
- 1/2 cup firm tomato, chopped
- 1 cup arugula, washed and dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken, chickpeas and let everything cool before assembling.
3. Cut, grate or slice the tomato, arugula as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 353

Chicken, Quinoa, Cucumber and Carrot

An easy, balanced combination of chicken, quinoa, cucumber and other ingredients, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
350 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1/2 cup cooked, cooled quinoa
- 1/2 cup diced cucumber
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken, quinoa and let everything cool before assembling.
3. Cut, grate or slice the cucumber, carrot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 354

Chicken, Pumpkin, Beetroot and Greens

An easy, balanced combination of chicken, pumpkin, beetroot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
315 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1/2 cup roasted pumpkin cubes
- 1/2 cup cooked beetroot cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken, pumpkin and let everything cool before assembling.
3. Cut, grate or slice the beetroot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 355

Chicken, Egg, Corn and Tomato

An easy, balanced combination of chicken, egg, corn and other ingredients, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
370 kcal	**20 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 2 hard-boiled eggs
- 3 tbsp sweetcorn, drained
- 1/2 cup firm tomato, chopped
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken, egg and let everything cool before assembling.
3. Cut, grate or slice the tomato, corn as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 356

Tuna, Egg, Cucumber and Tomato

An easy, balanced combination of tuna, egg, cucumber and other ingredients, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
350 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 2 hard-boiled eggs
- 1/2 cup diced cucumber
- 1/2 cup firm tomato, chopped
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg and let everything cool before assembling.
3. Cut, grate or slice the tomato, cucumber as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 357

Tuna, Chickpeas, Carrot and Greens

An easy, balanced combination of tuna, chickpeas, carrot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 can tuna in water, well drained
- 1/2 cup cooked, drained chickpeas
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas and let everything cool before assembling.
3. Cut, grate or slice the carrot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 358

Tuna, Sweet Potato, Beetroot and Arugula

An easy, balanced combination of tuna, sweet potato, potato and other ingredients, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
365 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked sweet potato cubes
- 1 can tuna in water, well drained
- 1/2 cup cooked beetroot cubes
- 1 cup arugula, washed and dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the sweet potato, potato and let everything cool before assembling.
3. Cut, grate or slice the beetroot, arugula as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 359

Egg, Quinoa, Broccoli and Carrot

An easy, balanced combination of egg, quinoa, broccoli and other ingredients, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup cooked, cooled quinoa
- 1/2 cup broccoli, cooked al dente
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg, quinoa, broccoli and let everything cool before assembling.
3. Cut, grate or slice the carrot, broccoli as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 360

Egg, Lentils, Tomato and Cucumber

An easy, balanced combination of egg, lentils, cucumber and other ingredients, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup cooked, drained lentils
- 1/2 cup diced cucumber
- 1/2 cup firm tomato, chopped
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg, lentils and let everything cool before assembling.
3. Cut, grate or slice the tomato, cucumber as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 361

Chickpeas, Quinoa, Beetroot and Greens

An easy, balanced combination of chickpeas, quinoa, beetroot, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
310 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 1/2 cup cooked, cooled quinoa
- 1/2 cup cooked beetroot cubes
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas, quinoa and let everything cool before assembling.
3. Cut, grate or slice the beetroot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 362

Lentils, Pumpkin, Carrot and Arugula

An easy, balanced combination of lentils, pumpkin, carrot and other ingredients, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained lentils
- 1/2 cup roasted pumpkin cubes
- 1/2 carrot, grated
- 1 cup arugula, washed and dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the lentils, pumpkin and let everything cool before assembling.
3. Cut, grate or slice the carrot, arugula as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 363

Black-Eyed Peas, Egg, Tomato and Carrot

An easy, balanced combination of egg, black-eyed peas, tomato and other ingredients, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
330 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup cooked, drained black-eyed peas
- 1/2 cup firm tomato, chopped
- 1/2 carrot, grated
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 cup diced cucumber
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the egg, black-eyed peas and let everything cool before assembling.
3. Cut, grate or slice the tomato, carrot as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 364

Hearts of Palm, Chickpeas, Cucumber and Tomato

An easy, balanced combination of chickpeas, hearts of palm, cucumber and other ingredients, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
275 kcal	**15 min**	**1 jar**	**Easy**

INGREDIENTS

- 1/2 cup cooked, drained chickpeas
- 1/2 cup sliced hearts of palm
- 1/2 cup diced cucumber
- 1/2 cup firm tomato, chopped
- 1 cup leafy greens, washed and thoroughly dried
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chickpeas and let everything cool before assembling.
3. Cut, grate or slice the tomato, cucumber, hearts of palm as indicated in the ingredient list.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

• Use cooled ingredients when assembling the jar to avoid excess moisture.
• Always keep the greens in the top layer so they stay fresh and crisp.
• For best results, eat within 2 days and keep refrigerated throughout.

RECIPE 365

Chef's Special Chicken, Quinoa and Vegetable Salad

An easy, balanced combination of chicken, quinoa, ideal for preparing ahead and taking along for lunch or dinner.

Budget-friendly | Fitness | Easy to prepare | 1 jar

CALORIES	PREP TIME	YIELD	LEVEL
350 kcal	**22 min**	**1 jar**	**Easy**

INGREDIENTS

- 1 cup cooked, grilled or shredded chicken
- 1/2 cup cooked, cooled quinoa
- 1/2 cup colorful vegetables, cooked al dente
- 1 cup leafy greens, washed and thoroughly dried
- 1/2 cup firm tomato, chopped
- 1/3 cup diced cucumber
- 1/3 carrot, grated
- 1 tbsp chopped red onion or chopped parsley and scallions

DRESSING / SEASONING

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

METHOD

1. Wash all the vegetables, dry the greens thoroughly and gather the ingredients.
2. Prepare the chicken, quinoa and let everything cool before assembling.
3. Chop the vegetables and dry the greens thoroughly to preserve their texture.
4. Mix the dressing ingredients until smooth and well seasoned.
5. Place the dressing in the bottom of a clean, dry glass jar.
6. Add the firmer, wetter ingredients first, keeping the greens away from the dressing.
7. Add the protein, grains and, finally, the leafy greens.
8. Close the lid, keep refrigerated and mix just before eating.

CHEF'S TIPS

- Use cooled ingredients when assembling the jar to avoid excess moisture.
- Always keep the greens in the top layer so they stay fresh and crisp.
- For best results, eat within 2 days and keep refrigerated throughout.