



High Protein Salad Jar

Ingredients:

- **5 oz (1 Small Bag)** Spinach
- **5 oz (1 Can)** Canned Chicken Breast
- **½ Cup** Parmesan Cheese
- **½ Cup** Nuts of your choice
- **2 Tbsp** Salad Dressing of your choice
- Salt
- pepper

Instructions:

1. First add your dressing to the bottom of a big mason jar.
2. Next, add as much spinach to the jar as you can. Then drain and add as much canned chicken as you want in your salad. Pour in your ½ cup of parmesan cheese and ½ cup of nuts into your jar. Sprinkle in a little salt and pepper on top.
3. Lastly, shake the jar when ready to eat and pour into a bowl.
4. Serve and enjoy!

Optional: Add additional toppings if you would like!