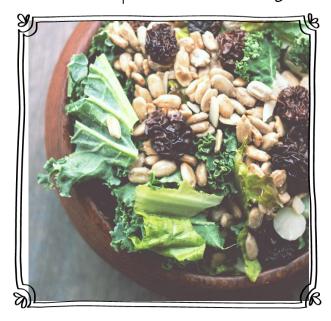
## SALAD ON THE GO

This recipe makes I serving.



## INGREDIENTS

I cup kale
1/2 cup red leaf lettuce
1 tbsp slivered almonds
1 tbsp dried golden berries
1 tbsp sunflower kernels



Mason jars Bowl Fridge

## NUTRITION FACTS PER SERVING

Calories: 157
Total Fat: 10.0g
Sodium: 134mg
Potassium: 373mg
Carbs: 10.3g
Protein: 7.3g



- I. Add ingredients to the mason jar in layers. Mine went as such: 1/2 of the kale, then the slivered almonds, then all of the red leaf lettuce, then the dried golden berries, then the rest of the kale, then the sunflower kernels.
- 2. Store in the refrigerator for easy lunches throughout the week!

