

# SALAD ON THE GO

This recipe makes 1 serving.



## INGREDIENTS

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



## EQUIPMENT

- Mason jars
- Bowl
- Fridge

## NUTRITION FACTS PER SERVING

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



## METHOD

1. 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!

