

Salad Mixer – Ingredient List

How to Make A Salad In A Jar

01. *Dressing.* The first layer when building your salad in a jar is always the dressing. I like to use between 2-4 tablespoons of dressing per jar.

02. *Hearty Bits.* The next layer are hard chopped vegetables or beans. (Example: black beans, kidney beans, chickpeas, carrots, cucumbers, celery, beets, fennel etc.)

03. *Lighter Bits.* The next layer is the lighter ingredients like fruits and soft veggies. (Example: tomatoes, strawberries, corn, peas, bell peppers, mandarins, mushrooms etc.)

04. *Other Toppings.* This layer is for grains, nuts, seed, dried fruit and fresh herb. (Examples: quinoa, mullet, couscous, walnuts, pumpkin seeds, sliced almonds, cranberries, fresh basil, mint etc.)

05. *Greens.* The last layer is of course the greens. (Examples: romaine, kale, spring mix, arugula, spinach, chard etc.)

HOW TO MAKE A SALAD IN A JAR

05. GREENS.

romaine, kale, spring mix, arugula, spinach, swiss chard

04. OTHER TOPPINGS.

quinoa, mullet, walnuts, pumpkin seeds, cranberries, basil, mint

03. LIGHTER BITS.

tomatoes, berries, mandarines, corn, peas, mushrooms, bell peppers

02. HEARTY BITS.

black & kidney beans, chickpeas, carrots, cucumbers, celery, beets

01. DRESSING.



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Please do reference the TLS detox List. Avoid using anything that is soft and mushy, to keep the salad Fresh in the Jar.

Below are the recommended list of salad mixer. Please note Which part of the mixer you will be at.

MAIN:

- Kale
- Arugula
- Cabbage
- Romaine Lettuce** (*Spend \$12 on Romaine, don't bring anything else*)
- Spinach** (*1 large box*)
- Spring Mix** (*1 large box*)
- Green & Purple Cabbage** (*1 head of each; chopped*)

Other Vegetable

- Red, Orange or Yellow Peppers**
Chopped
- Cucumbers** *8-10, chopped*
- Cherry Tomatoes** *4 containers*
- Broccoli** *Slice/Chopped*
- Peas** *3 bags frozen*
- Radishes** *Chopped*
- Snap Peas** *One large bag*
- Carrots** *sliced or shredded*
- Green Onions** *Chopped*
- Celery** *Sliced*
- Cilantro** *2 bundles*
- Jicama** (*Dice or shredded*)
- Cucumber** *Slice/shredded*
- Green pea**
- Brussels sprout**
- Beets**
- Watercress**

Fruits

- Berries (blueberries, strawberries, raspberries, boysenberries, blackberries),
- Apple Red/Green
- Figs (fresh)
- Grapes
- Mandarin oranges
- Dates
- Guava
- Jackfruit
- Cherrie

Nuts (Not During Detox)

- Nuts** (*Pine nuts, candied walnuts, etc*)
- Sliced Almonds**
- Pumpkin Seeds**
- Sunflower Seeds**
- Walnut**

Other (Not During Detox)

- Raisins** (*1 large container*)
- Craisins** (*1 large bag*)
- Cooked Quinoa**
- Sunflower Seeds**
- Wild Rice**