

Keto Mason Jar Salad feat. Bacon and MCT Oil Dressing



Prep Time

15 minutes

Total Time

15 minutes

Servings

1

Allergens

Peanut-free, seafood-free, shellfish-free,
egg-free, dairy-free, soy-free, gluten-free

Required Equipment

Mason jar (pint) with a lid



Nutrition

704 Calories

38g Fat

56g Protein

5g Net Carbs

Ingredients

- Layer 1: MCT Oil Green Goddess Salad Dressing
- Layer 2: 1/3 cup cherry tomatoes
- Layer 3: 1/3 cup chopped red cabbage
- Layer 4: 1/4 large cucumber, sliced
- Layer 5: 1/3 cup broccoli sprouts
- Layer 6: 4 oz. grilled organic chicken breast (seasoned in salt, pepper, and garlic powder), sliced
- Layer 7: 1/2 cup spinach
- Layer 8: 1/4 cup raw walnuts, chopped
- Layer 9: 1 strip of no sugar added cooked bacon, finely diced

Instructions

1. Place about 2/3 tablespoons of MCT Oil Green Goddess Dressing into the bottom of your mason jar.
2. One by one, add in each layer making sure your ingredients are tightly packed and evenly distributed.
3. Seal with lid and keep refrigerated for up to 3 days.
4. When ready to eat, shake and enjoy!