

# Grilled Turkey Salad Packed in a Jar



Munch away a ketogenic jar salad layered with crunchy veggies and delectable grilled turkey. An easy, quick, & healthy lunch treat!

## Ingredients for 2 serving (US/Metric)

- 265g / 9.3oz **Turkey breast**
- 7.5 *tbsp* **Mayonnaise**
- 2.5 *cup* **Lettuce**
- 100g / 3.5oz **Scallions**
- 117g / 4.1oz **Carrot**
- 2 *pieces* **Avocado**
- 52g / 1.8oz **Red Bell Pepper**
- 89g / 3.1oz **Cherry tomatoes**

## Nutrition (US/Metric)

- **Protein:** 18%
- **Fat:** 76%
- **Net carbs:** 6%

## Instructions

1. Ready the veggies by either chopping or shredding them.
2. Fill the jar's bottom layer with crunchy lettuce leaves.
3. Keep adding a veggie layer by adding the green onion, avocado, carrot, tomato, & capsicum.
4. Put the grilled turkey pieces on the top layer of the jar salad.
5. Enjoy the salad with mayonnaise!