

# Refreshing Salmon Salad in Mason Jar



Layer up fresh leaves, veggies & salmon in a jar for an energizing keto lunch! Some mayonnaise topping makes it so lusciously creamy!

## Ingredients for 2 serving (US/Metric)

- 301g / 10.6oz **Smoked salmon**
- 7.5 *tblsp* **Mayonnaise**
- 2.5 *cup* **Lettuce**
- 100g / 3.5oz **Scallions**
- 2 *pieces* **Avocado**
- 156g / 5.5oz **Carrot**
- 52g / 1.8oz **Red Bell Pepper**
- 89g / 3.1oz **Cherry tomatoes**

## **Nutrition (US/Metric)**

- **Protein:** 17%
- **Fat:** 75%
- **Net carbs:** 7%

## **Instructions**

1. Prepare the veggies by chopping/shredding them separately.
2. To assemble, stuff the leafy greens first, to get your bottom layer.
3. Next, drop the carrots to get the second layer.
4. Similarly, layer up with spring onions, tomato, & avocado.
5. Finish off the final layer with smoked salmon.
6. Right before digging in; add a few dollops of mayo on top.