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 tbsp Mayonnaise
- 2.5 cup Lettuce
- 100g / 3.5oz Scallions
- 2 pieces Avocado
- 156*g* / 5.5*oz* 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.