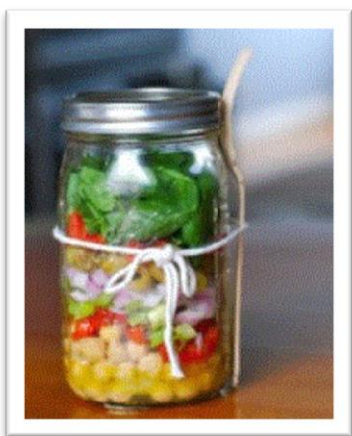


Clean & Lean Revolution

Green Smoothie & Mason Jar Salad Recipes **FOUNDATIONS – BUILD YOUR MEAL PLAN** **Pick three dinner recipes that offer seven servings**

MASON JAR SALAD – CHICKPEA SALAD

SERVES SIX (420 calories per serving)



These salads last for days in the fridge so you can make a week's worth of lunches ahead of time. Wash and chop each of the ingredients below, placing them in individual prep bowls. This assembly line will make assembling your Mason jars a snap! Divide ingredients equally among the 6 Mason jars.

Use 6 pint or quart sized Mason jars. Pack into a mason jar in this order listed in the recipe, from the top down. The **dressing always goes on the bottom with Mason jar salads** (don't let the dressing get on the side of the jar). When you are ready to eat it, shake well and serve.

CHICKPEA SALAD DRESSING

6 T extra virgin olive oil

Juice from one lemon

Pinch of salt

Couple grinds of pepper

CHICKPEA SALAD

3 cups chickpeas, canned, rinse/drain

1.5 cups sun-dried Tomatoes

3/4 cup spring onion, chopped

3/4 cup red onion, chopped

1.5 cups olives, chopped .

3/4 cup piquillo peppers, chopped

1.5 cups fresh spinach