watermark Naturals

The Salad Jar System

Whole food, plant-centric meals made pleasant and uncomplicated

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Introduction

When it comes to prepping healthy foods, we believe in systems and shortcuts – systems that help you prepare whole food, plant-centric meals that are vibrantly colorful, deliciously flavorful, and flexible enough to focus on the foods that help you keep up with your life.

Guide to The Salad Jar System

Salad Jars are beautifully simple. Ingredients can be adjusted to the season, with dozens of variations depending on ingredients and dressings. Welcome to the art and science of The Salad Jar System!

Supplies you'll need to work a Salad Jar System

1. Wide mouth mason jars, 32 oz (4 cups), or other reusable glass jars or containers
2. Mix and Match shopping list for Salad Jar Freestyling. You can start with ours and expand it over time
3. A few salad dressings – either homemade or store-bought.

How to Work the Salad Jar System

1	Before your grocery trip each week, make a list of salad jar ingredients.
2	Wash, dice and prep your vegetables when they're fresh.
3	Assemble your ingredients in the salad jars – densest vegetables first. Fill the jar ½ to ¾ full, leaving room for toppers and protein on the day of.
4	Keep the mason jars sealed and refrigerated until ready to eat.
5	The morning of, add your toppings, including a protein option. And of course, drizzle the dressing into your jar by pouring it along the inside wall of the jar (let's be honest, don't we all eat salad for the dressing?)
6	When you're ready for lunch, give the jar a vigorous shake, transfer the salad to a large bowl or plate and enjoy.

Mix and Match Salad Jar Freestyling Shopping List

	FIRST LAYER	MIDDLE LAYER	TOPPERS
	When prepped ahead, these ingredients stay fresh for up to 5 days sealed in a mason jar in the fridge		For best freshness, these are best added the day-of
VEGETABLES	Beets, cooked or pickled Broccoli slaw Broccoli, small florets Cabbage, green, shredded Carrots, matchstick or sliced Cauliflower florets Celery, diced Mushrooms, quartered Peas, snap or garden Radishes, sliced Red cabbage, shredded Red onions, diced	Herbs, fresh – diced (basil, fresh dill, fresh cilantro) Kale Lettuce, leaf Lettuce, Boston Lettuce, romaine Lettuce, iceberg Spinach, baby Watercress	Arugula Cherry tomatoes Corn Cucumber, sliced Mesclun greens Microgreens Peppers- red, orange, yellow Sprouts – alfalfa, broccoli, bean
PROTEIN (VEGAN)		Hemp hearts	Adzuki beans Black beans Chickpeas (garbanzo beans) Edamame (soybeans) Lentils, green Pinto beans
PROTEIN (ANIMAL-BASED)			Cheese Chicken (ground) Chicken, diced Eggs, hard-boiled Free-range beef (ground) Salmon (canned o freshly cooked) Turkey (ground) Or other leftovers from the night before
NUTS/SEEDS		Almonds, sliced Hemp hearts Pecans, toasted Pine nuts Pumpkin seeds Sesame seeds Soy nuts, toasted Sunflower seeds Walnuts	
FRUITS		Cranberries, dried Olives, black and green Raisins	Avocado, diced Blackberries, fresh Figs, fresh, diced Grapes Mango slices Orange sections Pears, diced Raspberries, fresh Strawberries, fresh

Dressings for Salad Jars

Creamy Raspberry Vinaigrette

Pink 'n Sweet-ish

Makes 8 servings

Ingredients

- ¾ cup extra virgin olive oil
- ¼ cup red wine vinegar or apple cider vinegar
- 1 tsp sea salt
- 2 tbsp honey
- 1 tsp dried basil
- ½ cup frozen raspberries
- ¼ cup water

Combine in blender and store in airtight container for up to 7 days

Nutritional facts per serving (2 tbsp)	
Calories	201
Fat	20g
Carbs	5g
Sugar	5g
Fiber	0g
Protein	0g
Sodium	279g

Balsamic Vinaigrette Dressing

The Easy Companion – a reliable side-kick in any situation

Makes 8 servings

Ingredients

- ½ cup extra virgin olive oil
- ½ cup balsamic vinegar
- 4 teaspoons honey or maple syrup
- 2 tsp finely chopped or dry basil
- 2 tsp Braggs liquid aminos (or coconut aminos)

Combine in blender or shake in jar with lid, and store in airtight container for up to 7 days

Nutritional facts per serving (2 tbsp)	
Calories	143
Fat	14g
Carbs	5g
Sugar	5g
Fiber	0g
Protein	0g
Sodium	27g

Lemon Poppy Seed Dressing

Not too sweet, not too tart, all you can ask for to compliment the flavor of a light and healthy meal

Makes 8 servings

Ingredients

- ½ cup lemon juice (freshly squeezed)
- ½ cup extra virgin olive oil
- 1 tsp Dijon mustard
- ¼ cup diced red onion
- 1 tbsp poppy seeds
- 2 tbsp honey

Combine in blender and keep in airtight jar for up to 7 days

Nutritional facts per serving (2 tbsp)	
Calories	145
Fat	14g
Carbs	5g
Sugar	4g
Fiber	0g
Protein	0g
Sodium	8g