

LUNCH

SMOKED SALMON, AVOCADO AND ARUGULA SALAD JAR

SERVES 1

Lime Sesame Dressing

2 tbsp extra virgin olive oil
1 tbsp lime juice
1 tbsp toasted sesame seeds

Salad

1 mini cucumber, diced
100 gram smoked salmon,
cut into bite-size piece
1/2 avocado, diced, w/ lime
2 cup Arugula

Mix olive oil, lime juice and sesame seed together and pour into the mason jar. Add diced cucumber, chopped smoked salmon, and then the marinated avocado. Top with arugula. When ready to eat, shake the jar and pour into a bowl or eat out of the jar!

CHECKLIST

- JOIN:** Live stream meal prep at 11:30am March 5th
- QUESTIONS:** Send me a DM @plantoprepdinners
- Shopping:** Get your groceries before the event!
- SHARE:** use @plantoprepdinners to post progress on Insta

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My Sweet Beet



Plan to Prep



GROCERY LIST

2 tbsp Olive Oil
1 tbsp Lime Juice
1 tbsp Toasted Sesame Seeds
1 Mini Cucumber
100 g Smoked Salmon*
1/2 Avocado
2 cups Arugula

*If you don't like smoked salmon, please use a breast of cooked chicken or some diced tofu.

NOTES
