

Mason Jar Steak Salad

The following recipe and photography were provided by our friends at [Pre Beef](#).

Ingredients:

- 4 Strawberries (sliced)
- A handful of Walnuts (chopped)
- 2 tbsp Blue Cheese (crumbled)
- 1 cup Spinach
- 1/4 cup Quinoa
- 1/4 cup Cucumber (chopped)
- 5 oz Pre Filet Mignon Steak
- 2 tbsp Poppyseed Dressing (or dressing of your choice)



Instructions

1. Assemble the salad ingredients.
 2. Make sure to have a clean and dry mason jar/lid. Use a wide mouth variety so you can eat it easily right out of the jar!
 3. Layer your salad in the following order: dressing on the bottom, hard or crunchy vegetables, grains and beans, cheeses and protein, soft veggies and fruit, nuts and seeds, greens.
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