

# Jar Salads that Don't Suck

*Five High-Protein Lunches to Prep Ahead*



# *What's Inside*

White Bean Tuna Salad ..... 2

Shredded Chicken Banh Mi Jars ..... 3

High Protein Chicken Caesar Salad Jars ..... 5

Street Corn Chicken Salad Jars ..... 7

Chicken Shawarma Salad Jars ..... 9

Nutrition at a Glance ..... 11

More from Fed & Fit ..... 12

# *Jar Salads that Don't Suck*

## *Prep-Ahead High-Protein Lunches*

### **What's Inside**

Five high-protein, gluten-free make-ahead lunches that work with your week, not against it. Every recipe in this collection has been tested in my own kitchen with realistic lunch goals in mind — the kind where you need it to be ready when you're ready to eat it — no additional prep required.


- White Bean Tuna Salad
- Shredded Chicken Banh Mi Jars
- High Protein Chicken Caesar Salad Jars
- Street Corn Chicken Salad Jars
- Chicken Shawarma Salad Jars

Every recipe is gluten-free, hits 35+ grams of protein per serving, and includes dairy-free swaps where applicable.



# White Bean Tuna Salad

Gluten-free | Dairy-free

 Makes 2 jars — use 32 ounce wide-mouth mason jars



## Ingredients

- 1 can (15 oz) white beans (cannellini or Great Northern), drained and rinsed
- 2 cans (5 oz each) tuna, drained and flaked
- 1/3 cup sun-dried tomatoes packed in oil, drained and roughly chopped
- 1 large cucumber, diced
- 1/3 cup fresh flat-leaf parsley, chopped
- 2 tbsp fresh basil, chopped

## The Dressing


- 3 tbsp good olive oil
- 3 tbsp fresh lemon juice (about 1.5 lemons)
- Zest of 1 lemon
- 1 tbsp Dijon mustard
- 2 tbsp capers, roughly chopped
- 2 garlic cloves, finely minced or grated
- 1/2 tsp cracked black pepper

## Directions

1. Mix olive oil, lemon juice, lemon zest, Dijon, capers, garlic, and cracked pepper together.
2. Split the dressing by pouring into two 32 ounce mason jars.
3. Add a can of tuna to each mason jar.
4. Divide the sundried tomatoes between each jar.
5. Divide the rinsed white beans between each jar.
6. Divide the chopped cucumber between the two jars.
7. Top with parsley and basil.
8. Store in an airtight container for up to 4 days.

# Shredded Chicken Banh Mi Jars

Gluten-free | Dairy-free

 Makes 4 jars — use 32-ounce wide-mouth mason jars



## Ingredients

### Quick-Pickled Daikon and Carrots

- 1 cup daikon radish, peeled and cut into matchsticks
- 1 cup carrots, peeled and cut into matchsticks
- 1/2 cup rice wine vinegar
- 1/2 cup water
- 1 tbsp granulated sugar
- 1 tsp kosher salt

### The Chicken

- 1 store-bought rotisserie chicken, breast meat shredded (about 3 cups)
- 1 tbsp soy sauce or tamari (GF)
- 1 tsp sesame oil
- 1 tsp rice wine vinegar

### The Dressing

- 1/2 cup hoisin sauce (use GF hoisin if needed)
- 2 tbsp sriracha, to taste — increase as you like
- 1/4 cup rice wine vinegar
- 2 tbsp sesame oil
- 1 tbsp fresh lime juice

### Other Ingredients

- 2 large cucumbers, thinly sliced
- 1 large jalapeno pepper, cut into discs
- 1 cup fresh cilantro leaves
- 1/2 cup peanuts, crushed

### The Jar Layers, bottom to top, each jar gets:

- 2–3 tbsp hoisin-sriracha dressing
- ~3/4 cup seasoned shredded chicken
- 1/2 cup quick-pickled daikon and carrots, drained
- 1/2 large English or Persian cucumber, thinly sliced
- 1–2 tbsp thinly sliced jalapeño (optional — can be added at serving)
- 1/4 cup fresh cilantro leaves
- 2 tbsp crushed roasted peanuts (garnish)

## Directions

### Make the Quick Pickles (do this first)

1. Whisk together rice wine vinegar, water, sugar, and salt until sugar and salt dissolve.
2. Pack daikon and carrot matchsticks into a jar or container. Pour brine over. Press down to submerge.

# *Shredded Chicken Banh Mi Jars*

(CONTINUED)

## *Directions*

3. Let sit at room temperature for 30 minutes.

## **Season the Chicken**

4. Shred the rotisserie chicken breast meat. Toss with soy sauce or tamari, sesame oil, and rice wine vinegar.

## **Make the Dressing**

5. Whisk together hoisin, sriracha, rice wine vinegar, sesame oil, and lime juice until smooth.

6. Taste — it should be sweet, spicy, and tangy. Add more sriracha for heat, more hoisin for sweetness, or more lime for brightness.

## **Assemble the Jars**

7. Add 2–3 tbsp dressing to the bottom of each jar.

8. Layer in order: seasoned shredded chicken, drained pickled daikon and carrots, sliced cucumber, jalapeño (if using), cilantro leaves.

9. Top with crushed roasted peanuts. Seal and refrigerate upright for up to 4 days.

10. To serve: shake vigorously or flip into a bowl. The dressing comes up from the bottom and coats everything.

## *Serving Suggestions*


- Straight from the jar or flipped into a bowl as a salad
- Served over steamed jasmine or cauliflower rice for a more substantial bowl
- Wrapped in a large butter lettuce leaf or rice paper (same-day only)

## *Gluten-Free Notes*

Use tamari in place of regular soy sauce and a GF hoisin sauce throughout.

# High Protein Chicken Caesar Salad Jars

Gluten-free

 Makes 4 jars — use 32-ounce wide-mouth mason jars



## Ingredients

### The Chicken

- 1 store-bought rotisserie chicken, breast meat shredded (about 3 cups)
- 1 tsp salt
- ½ tsp ground black pepper
- juice of one lemon

### The Dressing

- 1/3 cup plain whole-milk Greek yogurt
- 2 tbsp good mayonnaise
- 3 tbsp fresh lemon juice
- 1 tbsp Worcestershire sauce
- 3 anchovy fillets, minced to a paste (or 1.5 tsp anchovy paste from a tube)
- 2 garlic cloves, minced or pressed
- 1/2 cup freshly grated Parmesan, divided
- 1 tsp Dijon mustard
- 1/4 tsp kosher salt
- 1/4 tsp cracked black pepper
- 2 tbsp water to thin to pourable consistency

### Other Ingredients:

- 2 cups cherry tomatoes, halved
- ¾ cup shaved parmesan
- 6 cups romaine, chopped
- bread for croutons \*or\* 2 cups crispy chickpeas

### The Jar Layers, bottom to top, each gets:

- 3–4 tbsp Caesar dressing
- 1/2 cup cherry tomatoes, halved
- 1/4 cup shaved or grated Parmesan
- 1.5 cups chopped romaine — the sturdy inner leaves hold best
- ~5 oz shredded rotisserie chicken

## Directions

### Prep the Chicken

1. Shred the rotisserie breast meat. Season lightly with salt, pepper, and a squeeze of lemon. Set aside.

# High Protein Chicken Caesar Salad Jars

(CONTINUED)

## Directions

### Make the Dressing (continued)

2. Combine Greek yogurt, mayo, lemon juice, Worcestershire, anchovy paste, garlic, half the Parmesan, Dijon, salt, and pepper in a bowl or jar.
3. Whisk until smooth. Add water 1 tbsp at a time until dressing is pourable but still thick enough to coat.
4. Taste — it should be deeply savory, tangy, and garlicky. Adjust lemon or salt as needed.

### Assemble the Jars

5. Add 3–4 tbsp dressing to the bottom of each jar.
6. Layer in order: tomatoes, remaining Parmesan, romaine, chicken.
7. Seal jars and store upright in the refrigerator for up to 5 days.
8. Keep croutons or pumpkin seeds stored separately and add on the day you plan to eat each jar.
9. To serve: shake the jar vigorously or flip into a bowl and toss. The dressing on the bottom coats everything as it comes up.


### Optional: Opt for Pre-Made Crispy Chickpeas or Make Your Own Croutons

10. Take 2 slices of day-old sourdough bread (or any GF bread) and cut into 1-inch cubes.
11. Toss liberally with about 2 tbsp olive oil until well coated.
12. Spread on a sheet pan, season generously with flaky salt.
13. Bake at 450°F for about 10 minutes, checking at the end — you want them golden and crispy.
14. Let cool completely before storing. Keep in a jar on the counter and add to jars at serving.

## Make-Ahead Notes

The jar format is the entire point — by layering dressing at the bottom and greens at the top, nothing gets soggy. The romaine holds beautifully for 4–5 days this way. Store chick peas/croutons and pumpkin seeds separately and add them at serving to keep their crunch all week.

# Street Corn Chicken Salad Jars

 Makes 4 jars — use wide-mouth mason jars



## Ingredients

- 3 cups corn kernels — fresh (~3 ears), 10 oz frozen, or canned and well-drained
- 2 cans black beans
- 1 small red onion
- 1 jalapeno, minced
- 2 tbsp lime juice
- ½ tsp salt
- 1 tbsp extra virgin olive oil
- ¼ tsp black pepper

## The Chicken

- 1 store-bought rotisserie chicken, breast and thigh meat shredded (about 3–4 cups)
- Juice of 1 lime
- 1 tbsp extra-virgin olive oil
- 1 ½ tbsp taco seasoning

## The Chili-Lime Crema Dressing

- 1/3 cup plain whole-milk Greek yogurt (or full-fat sour cream)
- 2 tbsp good mayonnaise
- Juice of 2 limes (about 3 tbsp)
- 1 ½ tbsp taco seasoning

## The Jar Layers, bottom to top, each gets:

- 2–3 tbsp chili-lime crema dressing
- ~3/4 cup seasoned shredded chicken
- ¾ cup black beans
- 3/4 cup corn
- 2 tbsp crumbled cotija cheese (or crumbled feta)
- 1 cup shredded romaine
- Fresh cilantro leaves as a topper

## Directions

### Season the Chicken

1. Shred the rotisserie chicken. Toss with lime juice, olive oil, and taco seasoning.

# Street Corn Chicken Salad Jars

(CONTINUED)

*Directions, continued*

## **Make the Dressing**

2. Whisk together Greek yogurt, mayo, lime juice, and taco seasoning until smooth.

## **Assemble the Jars**


3. Add 2–3 tbsp dressing to the bottom of each jar.

4. Layer in order: seasoned chicken, black beans, corn, cotija, shredded romaine.

5. Top with cilantro. Seal and refrigerate upright for up to 4 days.

# Chicken Shawarma Salad Jars

Gluten-free | Dairy-free

 Makes 4 jars — use 32-ounce, wide-mouth mason jars



## Directions

### Make the Quick-Pickled Red Onion (do this first)

1. Combine red wine vinegar, sugar, and salt. Stir until dissolved.
2. Add thinly sliced red onion. Press down to submerge, add water if needed to cover.

## Ingredients

### The Shawarma-Spiced Chicken

- 1 store-bought rotisserie chicken, breast and thigh meat shredded (about 3–4 cups)
- 1 tsp cumin
- 1 tsp smoked paprika
- 1/2 tsp coriander
- 1/2 tsp turmeric
- 1/4 tsp cinnamon
- 1/4 tsp allspice
- 1/4 tsp cayenne (optional)
- 2 tbsp fresh lemon juice
- 1 tbsp olive oil
- 1 small garlic clove, minced
- 3/4 tsp salt

### Quick-Pickled Red Onion

- 1/2 medium red onion, very thinly sliced
- 3 tbsp red wine vinegar
- 1 tsp sugar
- 1/2 tsp kosher salt

### The Lemon-Tahini Dressing

- 3 tbsp tahini (well-stirred)
- 3 tbsp fresh lemon juice
- 1 small garlic clove, minced
- 2–3 tbsp water to thin (as needed)
- 1 tsp olive oil
- 1/4 tsp cumin
- 1/4 tsp salt

### The Jar Layers, bottom to top, each gets:

- 2–3 tbsp lemon-tahini dressing
- 1/4 cup quick-pickled red onion, drained
- 1/3 cup Persian or English cucumber, diced or sliced
- 1/2 cup cherry tomatoes, halved
- ~3/4 cup shawarma-spiced shredded chicken
- 2 cans chickpeas, rinsed (3/4 cup per jar)
- 1.5 cups chopped romaine — inner leaves preferred
- Fresh flat-leaf parsley leaves

# Chicken Shawarma Salad Jars

(CONTINUED)

## *Directions, continued*

3. Let sit at room temperature for at least 20 minutes, or refrigerate overnight. Keeps for 2 weeks.

## **Season the Chicken**

4. Shred the rotisserie chicken. Combine all spices, lemon juice, olive oil, garlic, and salt.

6. Toss chicken thoroughly to coat.

7. Make the Tahini Dressing: whisk together tahini, lemon juice, garlic, olive oil, cumin, and salt. If needed, add water 1 tbsp at a time, whisking until smooth and pourable.

## **Assemble the Jars**

9. Add 2–3 tbsp tahini dressing to the bottom of each jar.

10. Layer in order: pickled red onion, cucumber, cherry tomatoes, spiced chicken, chickpeas, chopped romaine. Top with fresh parsley.

11. Seal and refrigerate upright for up to 4 days.

# Nutrition at a Glance

Calculated per serving

Recipe	Calories	Protein	Fiber
White Bean Tuna Salad	~691 cal	~53g	~17g
Shredded Chicken Banh Mi Jars	~541 cal	~37g	~6g
High Protein Chicken Caesar Salad Jars	~762 cal	~60g	~20g
Street Corn Chicken Salad Jars	~549 cal	~43g	~5g
Chicken Shawarma Jars	~597 cal	~50g	~13g



## Craving more lunch inspo?

Here are 20 more high protein prep-ahead lunches from [fedandfit.com](https://fedandfit.com)!

### Bowls

1. [Buffalo Chicken Bowls](#)
2. [Chicken Gyro Bowls](#)
3. [Chicken Quinoa Bowls with Crispy Chickpeas & Garlic Aioli](#)
4. [Ground Beef Burrito Bowls with Cilantro Lime Rice](#)
5. [Harissa Honey Chicken Bowls](#)
6. [Lemon Dill Chicken Salad](#)
7. [Mediterranean Steak Bowls](#)
8. [Mojo Chicken & Rice Bowls with Mango](#)
9. [Turkey Burrito Bowls](#)

### Sandwiches/Wraps

10. [Beef Gyros](#)

### Salads

11. [Balsamic Steak Salad](#)
12. [Big Mac Salad with High-Protein Burger Sauce](#)
13. [Cobb Salad with Chicken & Green Goddess Dressing](#)
14. [Grinder Bean Salad](#)
15. [Hot Honey Shrimp Cobb Salad](#)
16. [Southwest Chicken Caesar Salad](#)
17. [Southwest Chopped Salad](#)
18. [Thai-Inspired Beef Salad](#)

### Skewers

19. [Bang Bang Chicken Skewers](#)
20. [Beef Kafta](#)