



## Cowboy Caviar Mason Jar Salad Grocery List

### **Produce**

- ☐ 1 large tomato
- ☐ 1 red bell pepper
- ☐ 1 green bell pepper
- ☐ 1 small red onion
- ☐ 2 avocados
- ☐ 1 small lemon (for juice)
- ☐ 8 cups leafy greens (kale, spinach, arugula, or romaine)

### **Canned Goods**

- ☐ 1 (14.5-ounce) can black-eyed peas
- ☐ 1 (14.5-ounce) can black beans
- ☐ 1 (14.5-ounce) can yellow corn

### **Pantry Items**

- ☐ ¼ cup vinegar (rice, apple cider, or white wine)
- ☐ 1 tsp dried oregano
- ☐ ½ tsp salt