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Description

Get ready to shake up your meal prep routine with a flavor-packed creation that brings all the satisfaction of your favorite diner burger straight to a convenient, portable jar! This delicious recipe layers seasoned lean ground beef, crisp romaine lettuce, juicy cherry tomatoes, pickles, and cheddar cheese, all topped off with a tangy, sugar-free special sauce. The vibrant textures—from the warm, savory meat to the cool, crunchy greens—make every bite exciting and completely crave-worthy. Whether you are rushing out the door or need a satisfying midday reset, this high-protein, low-carb favorite makes eating healthy feel like an absolute treat.

Can This Cheeseburger Salad Jar Support Weight Loss Goals?

This recipe can be a fantastic addition to a weight loss journey because it focuses on nutrient-dense, filling ingredients that keep hunger at bay. Lean protein from the beef requires more energy for your body to digest and helps preserve muscle mass while supporting a calorie deficit. By swapping out the traditional refined bun for fiber-rich greens and wholesome veggies, you slash unnecessary carbohydrates and sugar spikes. This keeps your blood sugar stable, helping you feel full, energized, and satisfied for hours without

feeling deprived.

Does Cheeseburger Salad Jar Fit a High-Protein Lifestyle?

This recipe fits seamlessly into a high-protein lifestyle, packing a substantial protein punch per serving from lean ground beef and real cheddar cheese while keeping net carbs impressively low. The clever layering prevents the greens from getting soggy, letting you enjoy a satisfying meal loaded with healthy fats, minimal starches, and rich savory flavors. It is an ideal grab-and-go option that fuels your daily nutritional goals without sacrificing taste or convenience.

My Personal Experience

- Layering the ingredients strategically: Placing the heavy dressing and juicy tomatoes at the very bottom of the jar keeps the crisp lettuce fresh and crunchy for days without getting soggy.
- Cooking the beef with bold spices: Searing the lean ground beef with a touch of garlic powder, smoked paprika, salt, and pepper infuses every single bite with authentic diner-style flavor.
- Customizing the pickle crunch: Adding crisp dill pickle chips right into the layers provides that signature tangy punch that makes a cheeseburger truly unforgettable.
- Shaking it up right before eating: Giving the sealed jar a vigorous shake distributes the creamy special sauce evenly across every ingredient for a mess-free, perfectly dressed salad.

Perfect For

- Meal prep enthusiasts: Ideal for packing wholesome, high-protein, low-carb lunches ahead of busy work or school weeks.
- Keto and low-carb dieters: Fits smoothly into keto diet plans and low-carb lifestyles by cutting out heavy grain buns while keeping the classic flavors intact.

- Quick grab-and-go schedules: Perfect for active days when you need a fast, portable, high-protein snack or meal on the run.

Why You'll Love This Recipe

- All the classic diner taste: Delivers the comforting, savory flavors of a real cheeseburger in a refreshing, crisp salad format.
- Zero midday energy crashes: Relies on high-protein and low-carb ingredients to keep your blood sugar steady and your focus sharp all afternoon.
- Stays fresh for days: The clever jar-layering technique ensures your greens stay crisp and your meal tastes freshly made even days later.
- Incredibly customizable: Makes it super easy to swap out toppings or adjust cheeses to fit whatever you have chilling in your fridge.

Common Mistakes to Avoid

1. Putting the lettuce at the bottom of the jar: Placing greens near the wet dressing causes them to wilt and become soggy before you get a chance to eat. Always keep dressings and moist ingredients at the bottom!
2. Not letting the cooked beef cool down: Adding hot ground beef straight into the jar will steam the cheese and wilt the fresh vegetables. Let the meat cool to room temperature first.
3. Overpacking the jar too tightly: Cramming too many ingredients in without leaving a little breathing room makes it impossible to shake and mix the dressing effectively.
4. Skipping the paper towel dry: Forgetting to thoroughly dry washed lettuce leaves traps excess moisture inside the jar, ruining that essential crunchy texture.

Required Equipment

- 32-ounce wide-mouth mason jars — makes layering ingredients effortless and provides ample room for a full meal.
- Skillet — ensures even browning and proper caramelization of the lean ground beef.
- Measuring spoons and cups — guarantees accurate portioning for precise tracking of macros and calories.
- Spatula — prevents sticking and helps break up the ground beef smoothly during cooking.

Storage Instructions

Store assembled jars upright in the refrigerator for up to 4 to 5 days, making sure the lids are tightly sealed to lock in freshness. Keep the dressing at the bottom of the jar away from the greens to maintain peak crispness. Freezing is not recommended for this recipe, as fresh vegetables and dairy-based sauces do not thaw well and will lose their appealing texture.

Recipe Details

- Preparation Time: 15 minutes
- Cooking Time: 10 minutes
- Total Time: 25 minutes
- Servings: 2 jars
- Best Season for This Recipe: All-season
- Total Calories (Per Serving): ~420 kcal *(approximate estimate)*

A vibrant, protein-packed cheeseburger salad jar layered with seasoned beef, crisp greens, and tangy special sauce for easy low-carb meal prep.

 Ingredients:

- Lean ground beef (93/7): 8 ounces *(Note: Can substitute with ground turkey or plant-based crumbles if preferred)*
- Salt: 1/2 teaspoon
- Black pepper: 1/4 teaspoon
- Garlic powder: 1/2 teaspoon
- Smoked paprika: 1/4 teaspoon
- Special sauce (Mayonnaise, sugar-free ketchup, yellow mustard relish blend): 4 tablespoons total *(divided equally at the base of each jar)*
- Dill pickle chips: 1/4 cup, chopped
- Cherry tomatoes: 1/2 cup, halved
- Cheddar cheese: 1/4 cup, shredded *(Note: Sharp cheddar adds the best classic burger bite)*
- Romaine lettuce: 3 cups, washed, dried, and chopped into bite-sized pieces

Directions:

1. Cook the beef: Place a skillet over medium-high heat. Once hot, add the lean ground beef, salt, black pepper, garlic powder, and smoked paprika. Cook for 7 to 8 minutes, breaking it apart with a spatula, until fully browned and slightly crispy. Remove from heat and let cool completely.

2. Layer the base: Divide the special sauce evenly between the bottom of two 32-ounce wide-mouth mason jars (about 2 tablespoons per jar).

3. Add the burger toppings: Layer the chopped dill pickles, halved cherry tomatoes, and cooked, cooled ground beef directly over the dressing.

4. Add cheese and greens: Sprinkle the shredded cheddar cheese over the beef layer, then pack the chopped romaine lettuce firmly to the top of the jar to prevent shifting.

5. Seal and store: Seal the jars tightly with their lids and refrigerate until ready to eat.

6. Serve: When ready to enjoy, open the jar, dump the contents into a bowl (or shake vigorously right in the jar), and dig in!

Nutrition Facts (Per Serving – Approximate):

- Calories: 420 kcal
- Fats: 28g
- Cholesterol: 85mg
- Sodium: 6800mg *(Note: Adjust salt or use low-sodium pickles if monitoring sodium intake)*
- Potassium: 340mg
- Total Carbohydrates: 8g
- Fiber: 2g
- Net Carbs: 6g
- Sugars: 3g

- Protein: 32g
- Calcium: 180mg

Notes:

- Storage Tips: Keep jars sealed tightly in the fridge for up to 5 days; always ensure the greens stay dry at the top.
- Reheating Instructions: If you prefer warm beef, dump the greens and tomatoes out onto a plate, microwave the jar contents with the beef and cheese for 30 seconds, then toss back together with the fresh greens.
- Allergy Notes: Swap regular mayo for a dairy-free/egg-free alternative and use dairy-free cheddar shreds if managing food sensitivities.
- Flavor Boosts: Add a dash of hot sauce or diced pickled jalapeños to the meat layer if you love an extra kick of spice.