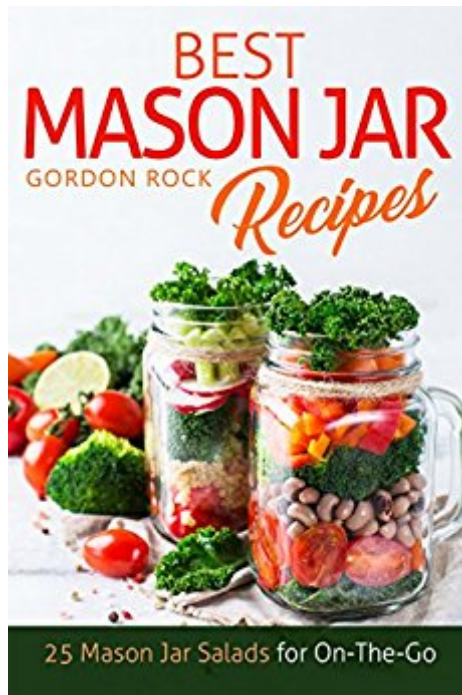




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# Best Mason Jar Salad Recipes: 25 Mason Jar Salads For On-The-Go



## Synopsis

Trying to find time to make a healthy lunch for you and your family can be a difficult task. This is especially true if you take into consideration how time consuming most recipes are. Because of this, most people are left with either skipping certain meals all together or running through the drive thru of the nearest fast food joint. This will not only take a toll on your bank account but it can also cause your waistline to expand. The good news is that you don't have to continue living this unhealthy and sometimes expensive lifestyle, and this cookbook can show you how to make a change for the better! The book provides you with a healthy alternative to grab-and-go meals. These salads are not only delicious but they are made ahead of time in a Mason jar so you can easily make them the night before, store them in the fridge and then grab them as you head out the door. Sounds easy right? That's because it is! The recipes found within the pages of this book range from breakfast salads featuring bacon and eggs to healthy and not so healthy fruit salad dessert recipes. And since the recipes are so versatile, you can add and eliminate ingredients as you see fit! What's even better is that you can make these Mason jar salad recipes to eat at any time of the day! Each recipe found in this cookbook has been tested for accuracy and includes the serving size and cooking time it will take to recreate the salad. The recipes are also written in a simple manner that includes step-by-step directions that anyone, no matter their previous cooking experience, can successfully follow. So what are you waiting for? Start reading! ==> BUY THIS BOOK TODAY AND GET BONUS COOKBOOK INSIDE!!

## Book Information

File Size: 2135 KB

Print Length: 82 pages

Page Numbers Source ISBN: 1545508313

Simultaneous Device Usage: Unlimited

Publication Date: April 20, 2017

Sold by: Â Digital Services LLC

Language: English

ASIN: B071Y6YNBW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #256,830 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #35

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Tea #47 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Vegan & Vegetarian >

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## Customer Reviews

I tried several salads and I loved the ease and variety. This is perfect for the working women because it's nice to have them just waiting for you to pick up in the morning. I was surprised that they did stay fresh for 5 days. Only make the mess once for more or less half an hour and you are set with a week's lunches. I just love this mason jar salad recipe book!

Mason jars were the perfect container to house the salads. All the ingredients stayed fresh and did not have that unpleasant stale odor. Very informative to read this book. Thanks.

stylish, convenient and excellent performance it works perfectly. It's very easy to work with. Unique and awesome. These are pretty cool and very handy! I highly recommend and at such a great value price.

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