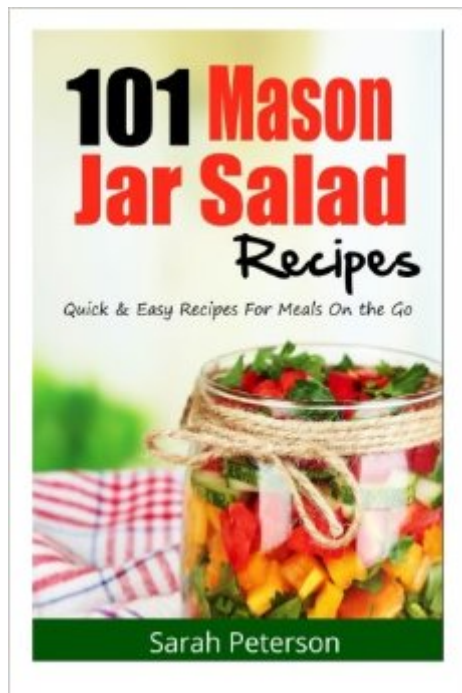


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# 101 Mason Jar Salads Recieps: Quick And Easy Mason Jar Recipes For Meals On The Go



## Synopsis

Every year, it seems that there are a variety of trends that emerge when it comes to health and fitness. There are trends that come and go, but a few appear to make such a splash that they seem to stick around for the long haul. One of these health trends that is equally convenient as it is delicious is the new salad in a jar. This approach to eating salad is one of the easiest ways to carry around any type of salad without fearing that it will spill all over your bag, your lunchbox, or your car. And if this is a health trend that interests you, then you are certainly in luck: with this e-book, you will have many monthsâ™ worth of recipes that you can create, concoct, and enjoy with you on the go. INSIDE THIS RECIPE BOOK you'll discover 101 Mason Jar Recipes that are tasty, healthy, and will aid you on your journey toward weight loss. You can go through the book one at a time, picking one recipe to prepare each night, or you can skip to some of the classics and compare them to what you already know. The possibilities are endless!

## Book Information

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## Customer Reviews

The book had a few good ideas, but that's about it. I thought some of her salad recipes were a bit weird. I'm into more "normal" salads I guess. The jars do keep the salads fresh for about a week which is really cool. I make the salads up ahead of time and I'm ready for the week.

Makes for an easy supper week. Spend a little time prepping and dole it out at suppertime. Love the recipes and already have my favorites. This recipe book is such a no-brainer-get it!! Tasty and easy. Lots of options for non-carnivores like me.

Haven't tried any of the recipes yet, having a hard time finding some ingredients . Seems it could get costly but I'm willing to give it a try. Will update after that..

101 Mason Jar Salads was fun to read and quite useful for application. Who knew there were so many salads that could be made ahead and transported so easily.

Good ideas for different tests of salads! Recommend!A can use some Jar ideas or I can use them to create my own salad! Just perfect!

Great ideas!

So much fun and so many varieties

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