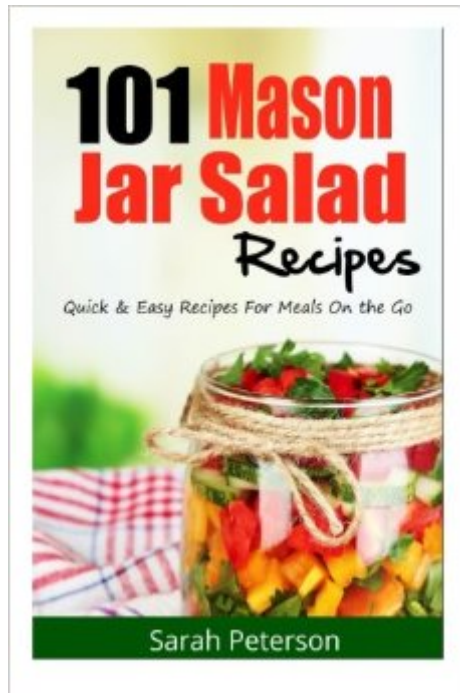


The book was found

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

Paperback: 124 pages

Publisher: CreateSpace Independent Publishing Platform (March 1, 2015)

Language: English

ISBN-10: 1508626391

ISBN-13: 978-1508626398

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (7 customer reviews)

Best Sellers Rank: #233,119 in Books (See Top 100 in Books) #55 inÂ Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Salads

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

[Download to continue reading...](#)

101 Mason Jar Salads Recieps: Quick and Easy Mason Jar Recipes for Meals on the Go Salads on the Run: The Top 50 Mason Jar Salad Recipes That Are Quick, Crafty, and Great on the Go Tiny Book of Mason Jar Recipes: Small Jar Recipes for Beverages, Desserts & Gifts to Share 50 Mason Jar Salad Recipes: Your Ultimate Guide to Making Salad in a Jar Mason Jar Salads and More: 50 Layered Lunches to Grab and Go 150 Best Meals in a Jar: Salads, Soups, Rice Bowls and More The Mason Jar Cookbook: 80 Healthy and Portable Meals Toaster Oven: 30 Quick and Easy Homemade Recipes and Oven-Baked Meals to Cook for Two (Creative Cooking & Healthy Meals) Salads: Over 60 satisfying salads for lunch and dinner Salads That Inspire: A Cookbook of Creative Salads Primal Blueprint Quick and Easy Meals: Delicious, Primal-approved meals you can make in under 30 minutes (Primal Blueprint Series) 101 Soups, Salads & Sandwiches (101 Cookbook Collection) Jar Salads: 52 Happy, Healthy Lunches to Make in Advance Electric Pressure Cooker: 365 Quick & Easy, One Pot, Pressure Cooker Recipes For Easy Meals Pressure Cooker Cookbook: 100 Quick, Easy, and Healthy Pressure Cooker Recipes for Nourishing and Delicious Meals (Pressure Cooker Recipes, Pressure Cooker) (Volume 1) Mason Jars for Extreme Preppers, Vol.2: A Beginner's Guide to Using Mason Jars to Prepare for Emergency Situations Greek Cuisine Cookbook: 50 Easy and Delicious Greek Recipes (Greek Recipes, Mediterranean Recipes, Greek Food, Quick & Easy) Quick & Easy Recipes: Over 50 Simple and Delicious Vegan & Vegetarian Rice Cooker Recipes That Anyone Can Make! Recipes for Weight Loss & Overall ... (Rice cooker Recipes - Rice Cooker Cookbook) Rice Cooker Recipes: 50+ Rice Cooker Recipes - Quick & Easy for a Healthy Way of Life (Slow cooker recipes - rice cooker - recipes) Pressure Cooker Cookbook:

370 Quick, Easy, and Healthy Pressure Cooker Recipes for Amazingly Tasty and Nourishing Meals (Pressure Cooker, Electric Pressure Cooker Cookbook)

[Dmca](#)