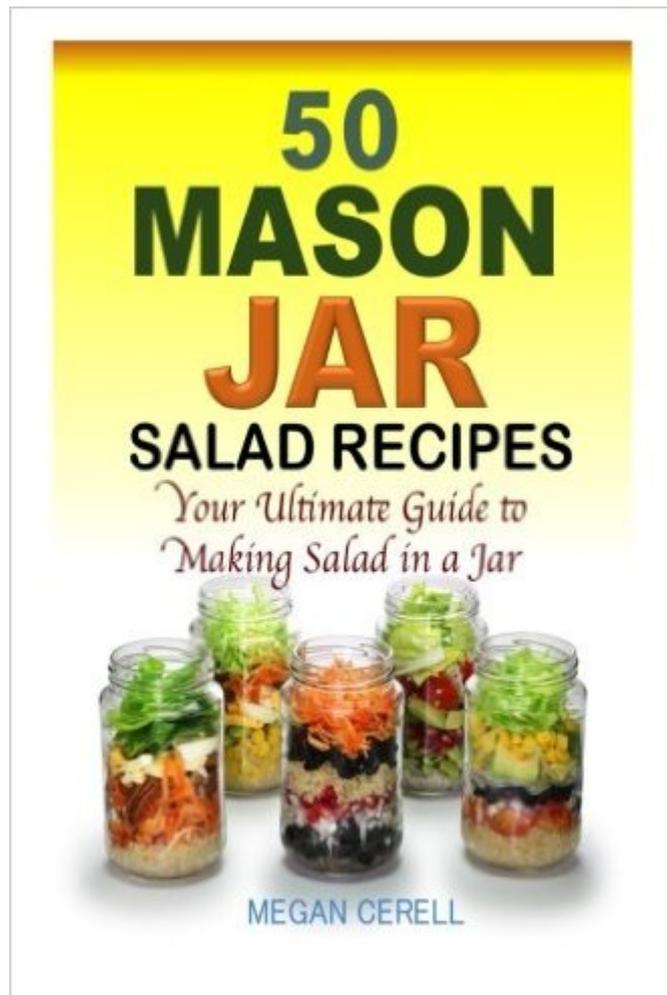


The book was found

50 Mason Jar Salad Recipes: Your Ultimate Guide To Making Salad In A Jar



Synopsis

Why Mason Jar Salad Recipes? Well, why not? Although mason jars salad recipes are fast becoming a household name, not because it is just another fad diet but because it is quite easy to prepare. Nowadays, people are more inclined to choose healthy options and for most of us, although we want to eat healthily sometimes we are easily persuaded to cheat because of the effort of preparing healthy mealsâaside from the cost of organic food. But, with Mason Jar Salad recipes, you can prepare your food in advanceâas much as 5 days ahead. So, what does this mean to people living a fast paced life? â This means that busy people can pick a day in one week to prepare all the needed salad in a jar meal they would need within a week. For example, if you are living alone or with your husband, you can basically prepare 10 salad meals (breakfast/lunch and dinner) x 2 (for hubby and you) a total of 20 salad jar recipes. Prepare it in one day, including grocery and packing of the salad in a jar which basically takes around 5 hours in all and you are free to do your thing the rest of the week. Just grab a jar and you have healthy food on your hands. â If you buy the vegetables in bulk you are saving more money because you can ensure that all the vegetables and fruits you buy will be used within your Mason jar salad recipe. Plus, you can reuse extra dressing from last weekâs recipe into this weekâs crop of salad jars. â And most of all, this book contains no less than 50 different and amazing Mason jar salad recipes to keep your palate fully satisfiedâsay good bye to the same food over and over again. And most of all, feel free to substitute the veggies used to make it even more interesting!

Book Information

Paperback: 98 pages

Publisher: CreateSpace Independent Publishing Platform (May 2, 2015)

Language: English

ISBN-10: 151198659X

ISBN-13: 978-1511986595

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 7 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ See all reviewsÂ (1 customer review)

Best Sellers Rank: #773,729 in Books (See Top 100 in Books) #163 inÂ Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Salads

Customer Reviews

Great book, great recipes!

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

50 Mason Jar Salad Recipes: Your Ultimate Guide to Making Salad in a Jar 101 Mason Jar Salads
Recieps: Quick and Easy Mason Jar Recipes for Meals on the Go Tiny Book of Mason Jar Recipes:
Small Jar Recipes for Beverages, Desserts & Gifts to Share Salads on the Run: The Top 50 Mason
Jar Salad Recipes That Are Quick, Crafty, and Great on the Go Salad Dressing Recipes: Top 50
Most Delicious Homemade Salad Dressings: [A Salad Dressing Cookbook] Mason Jars for Extreme
Preppers, Vol.2: A Beginner's Guide to Using Mason Jars to Prepare for Emergency Situations
Mason Jar Salads and More: 50 Layered Lunches to Grab and Go The Mason Jar Cookbook: 80
Healthy and Portable Meals The Modern Salad: Innovative New American and International
Recipes Inspired by Burma's Iconic Tea Leaf Salad Raw Vegan Sauces and Salad Dressings:
Delicious and Nutritious Sauce and Salad Dressing Recipes. Homemade Salad Dressings: 50
Simple, Delicious And Healthy DIY Salad Dressing Recipes 25 Potato Salad Recipes - Irresistible
Sweet Potato Recipes for Every Occasion: A Cookbook full of Mouthwatering Potato Recipes Italian
Takeout Cookbook: Favorite Italian Takeout Recipes to Make at Home: Italian Recipes for Pizza,
Pasta, Chicken, Desserts, Appetizers, Soup, Salad, Sandwich, Bread and Rice Best 50 Clean
Eating Salad Recipes for Quick Weight Loss & Detox: Delicious & Healthy Recipes Vegan Cookies
Invade Your Cookie Jar: 100 Dairy-Free Recipes for Everyone's Favorite Treats Jewelry Making &
Etsy Business Box Set: Jewelry Making Instructions and Useful Tips to Guide You Through How to
Start Your Etsy Business (Jewelry Making ... Selling Etsy, Esty Selling Success) Christmas Cookie
Jar: Over 200 Old-Fashioned Cookie Recipes and Ideas for Creative Gift-Giving (Seasonal
Cookbook Collection) Joanne Fluke's Lake Eden Cookbook: Hannah Swensen's Recipes from the
Cookie Jar Eminem (Hip Hop) (Hip Hop (Mason Crest Paperback)) Dr. Dre (Hip Hop) (Hip Hop
(Mason Crest Paperback))

[Dmca](#)