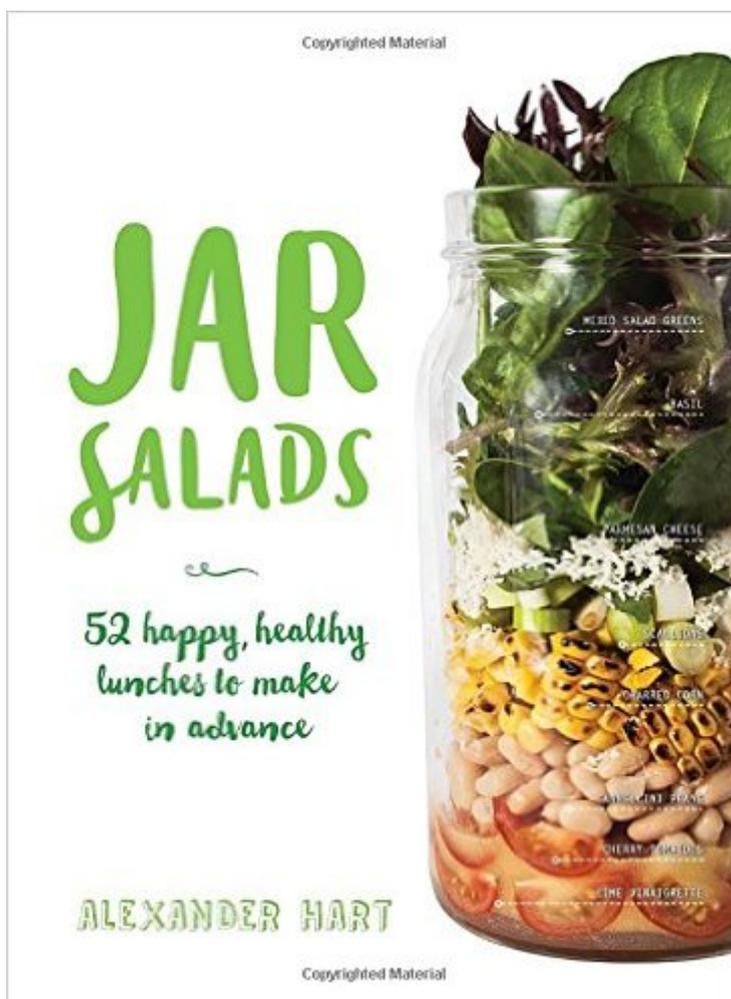


The book was found

Jar Salads: 52 Happy, Healthy Lunches To Make In Advance



Synopsis

A guide to creating perfectly fresh and transportable salads. Put down that sandwich! Here you'll find healthy and delicious lunch ideas to get you through the year. Who wants a soggy salad for lunch? The trick to a perfectly fresh and crisp salad that can be kept in the refrigerator the night before is all about the layering: the dressing at the base, followed by protein or grains, then nuts or seeds, with the leafy greens and herbs on top. When you're ready to eat the salad, turn the jar out into a bowl and enjoy immediately! Jar Salads contains fifty-two deliciously inventive salads—a new one for every week of the year. From a Mexican-inspired vegetarian taco salad to a Vietnamese pork and-vermicelli-noodle salad, and classic salad combinations, Jar Salads has all tastes covered. All you need is a screw-top mason jar and a bunch of fresh ingredients. This year, get inspired to get healthy!

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