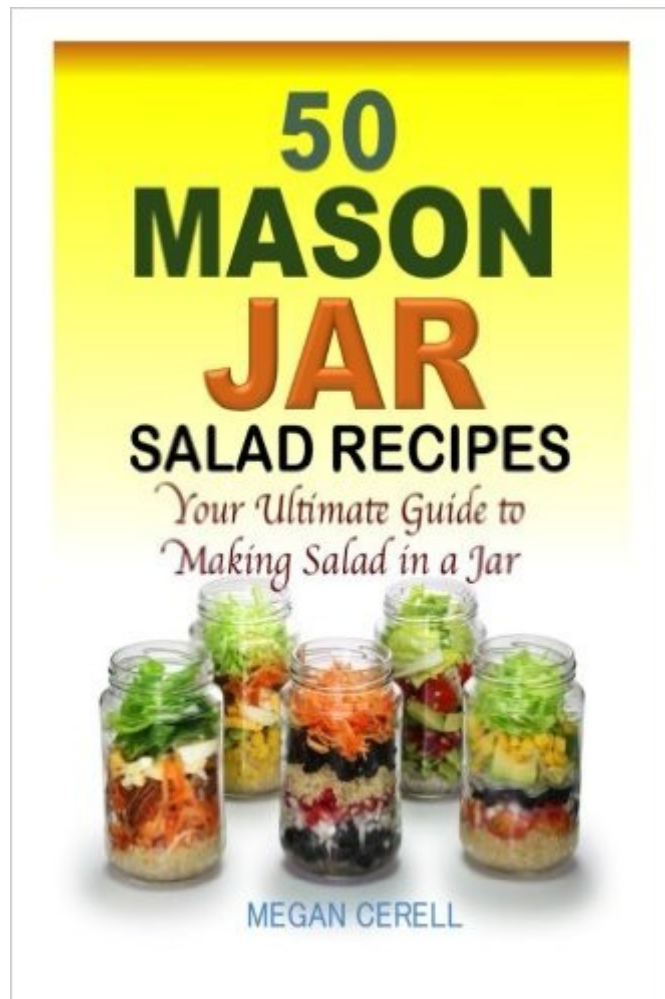


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# 50 Mason Jar Salad Recipes: Your Ultimate Guide To Making Salad In A Jar



## 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

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Great book, great recipes!

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