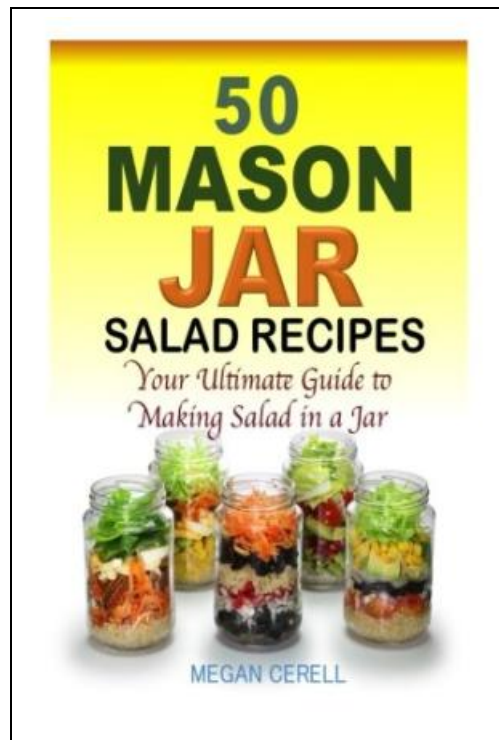


## 50 Mason Jar Salad Recipes: Your Ultimate Guide to Making Salad in a Jar (Paperback)



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*Very helpful to any or all category of folks. It is written in simple phrases rather than difficult to understand. It has been developed in an exceptionally simple way and is particularly just after I finished reading this pdf in which basically transformed me, modify the way in my opinion.*

***(Hank Runte)***

## 50 MASON JAR SALAD RECIPES: YOUR ULTIMATE GUIDE TO MAKING SALAD IN A JAR (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. 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 meals-aside from the cost of organic food. But, with Mason Jar Salad recipes, you can prepare your food in advance-as much as 5 days ahead. So, what does this mean to people living a fast paced life? -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. -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 week s recipe into this week s crop of salad jars. -And most of all, this book contains no less than 50...



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