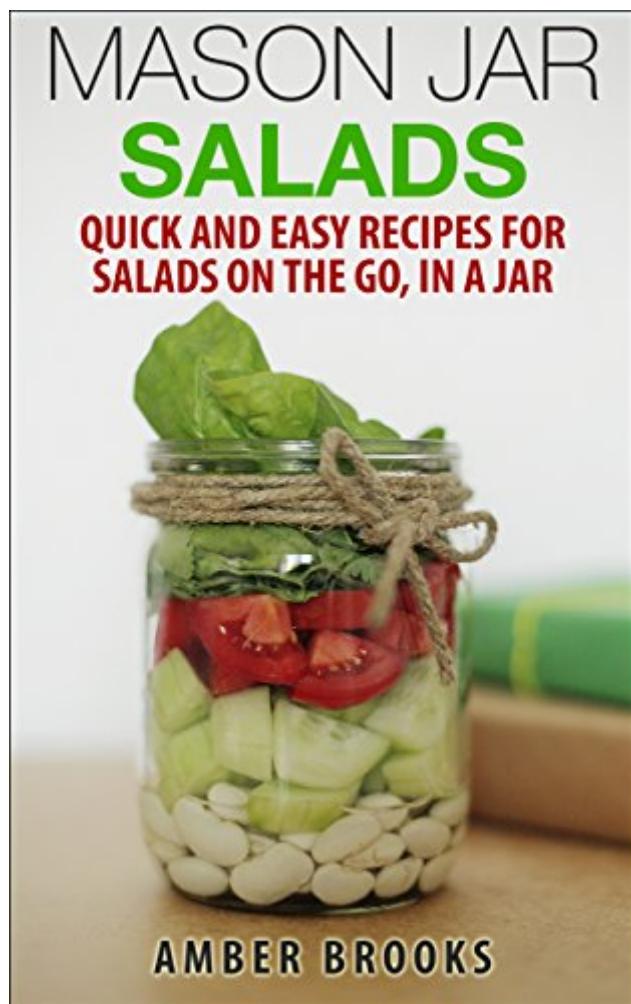


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# **Mason Jar Salads: Quick And Easy Recipes For Salads On The Go, In A Jar (mason Jar Meals, Mason Jar Recipes, Meals In A Jar, Mason Jar Salads, Mason Jar Lunch, Salad To Go, Quick And Easy Recipes)**





## Synopsis

Mason Jar Salads: Quick and Easy Recipes for Salads on the Go, in a JarThis book is part of the #1 Best Selling Mason Jar Meals Series!!!! It is filled with EVEN MORE incredibly quick, easy and tasty salad recipes that you can just grab and go!\* \* \* Bonus FREE Recipe Book included \* \* \* Are you too busy to cook every day? Do you skip meals because you don't have time to sit down and make something? Do you waste your money on takeout and fast food that is expensive and unhealthy just because it's more convenient? Do you want to eat more salad, but they just don't stay fresh for long and are so inconvenient to take on the go? Well, this book is for you!!! Sure Mason Jars are cute, crafty, and pretty trendy right now, but they are also incredibly useful. You're about to discover how to make all kinds of Salads in a jar, so that you can take them anywhere, and they will stay fresh for days!!! This book has recipes and instructions for how to use a Mason Jar to make traditionally not-so-convenient salads, amazingly easy, portable and beautiful. The Mason jar is what allows you to keep the dressing from making the salad soggy, it's easy to do once you know how, and this book will explain it all!!!Here Is A Preview Of What you'll learn What size of Mason Jar to use Advantages of Mason Jars How to stop greens and other ingredients from getting soggyHow long your salad will last in a jar How to transport and serve from a mason jar How to layer your salad in the jarWhat order to layer your ingredients in Much, much more!Here are a few of the recipes this book includesCalifornia Salad Chicken Taco Salad in a JarMixed bean salad in a Jar Chicken, citrus, orzo salad in a JarMixed Berries and Almond Salad in a Jar Salami Salad in a JarZucchini Salad in a JarRomaine, peas and feta salad in a JarTortellini and Artichoke Salad in a JarBalsamic grilled chicken Salad in a JarFresh Mozzarella and Spinach Salad in a JarMuch, much more!Download your copy today!Scroll up to the top of the page and download this book, you'll be happy you did!!!Tags: Mason Jars, Mason Jar Salads, Mason Jar Recipes, Mason Jar Meals, Meals in a Mason Jar, Mason Jar Lunch, Mason Jar cookbook, Meals in Jars, Desserts in Jars, Mason Jar Desserts, Grab and Go Meals, Quick and Easy recipes, Easy Recipes in Jars,

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## **Customer Reviews**

I was able to download this when it was offered for free, along with another's Mason Jar recipes for salads and I have to say that I'm more impressed with this book in a couple of areas. First the explanations of how to layer the different food types and why is really easy and straight forward. Second, there are recipes in this book that go way beyond your average garden salad when it comes to food types and textures. It's easy to come up with your own after seeing these ideas. This isn't necessarily a book you'd come back to consult unless you like a specific recipe. The ideas you'd get on your own after going through this is what really makes this book worthwhile.

This is an awesome idea to take lunch to work, and it does not just have to be salads either. Usually bringing salad means dealing with a small container for the dressing, or trying not to tip it over so the dressing doesn't run all over the darn place. It gave me a lot of ideas and the other reviewer and I must think a lot alike. I also lit up at the berry & almond and the chicken recipes. I should be embarrassed to say this, but I don't cook. I think trying this out will inspire me with more concoctions. Thank you to the author for something frugal and practical.

This is great! - I've been buying salads at Whole Foods that are really good and this is just what I need to get making my own at home. I really like the salads suggested and I'm sure by the time I try each one I'll have a good idea of how to come up with my own. This is worth the trouble for anyone who needs a quick and healthy lunch at work, or anywhere they need to take their food with them. I wish I'd thought of this before - it would have saved me a lot of money by now. Amber Brooks has

done a good job explaining the sequence of placement in the jar and types of foods to use. Some great new recipes (for me anyway) that are delicious.

I love salads. The key thing I got from this book (apart from some fabulous recipes) is - why didn't I do this before? Great little book, the overall concept strangely blew me away as I can't believe I have never thought of something so obvious. The recipes sound gorgeous, I have to admit I haven't tried them yet - but only because I have no Mason jars. So I am off to buy some! There are really only three things left to say. Buy this book, get some mason jars and start making.. Brilliant.

has saved my life... now I listen to my podcasts after shopping at the local veggie market and make my salads for the week - fantastic for those on the go - can make my salads 4 to 5 days ahead of time... plus I realise I'm now not throwing away so many veggies and fruits I buy - they KEEP much better in the jar - have learned to buy less and use more... fantastic on time savings and COST savings - I now USE all the veggies I buy as I glass jar them right after purchase....

I love salad and I love free ebooks. Got this one free!

I am very picky when it comes to salads so most of the recipes were not to my liking but the concept gave me a whole new way of thinking about salad!! I will definitely be trying this.

Tired of being a fast food junkie and preparing lengthy meal plans, the "Mason Jar Salads" book definitely suited me. I like how the recipes are easy to prepare and very cost-efficient. It complements my weight loss regimen very well! Definitely a must-try!

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Dressings. Quick and Easy, Weight Loss Meals for Healthy Living. (Nutrition Plan, Lunch, Lose Fat, Salad diet, Green diet, Fiber, Clean eating) Salad Dressing Recipes: Top 50 Most Delicious Homemade Salad Dressings: [A Salad Dressing Cookbook] Lunch Box Recipes: Light Up Your Kids' Faces And Take Lunch To The Next Level With 49 Satisfying And Nutritious Lunch Box Recipes That Take Minutes to Make Asian Salads Book: The Ultimate Asian Salad Dressing Cookbook and Best Asian Salad Recipes You Will Ever Find! The Mason Jar Dessert Cookbook (Mason Jar Cookbook) The Lunch Box Cookbook: Over 50 Fun and Delicious Lunch Recipes to Fill Your Lunch Box 50 Quick And Easy Gastric Sleeve Lunch and Dinner Recipes: Easy and Delicious Bariatric Friendly, Low-Carb, High-Protein Lunch and Dinner Recipes For Post Weight Loss Surgery Salad in a Jar: 68 Recipes for Salads and Dressings Mix and Match Salads: Over 30 Easy and Delicious Salads and Dressings That Will Make You Love Salads Salads: Over 60 satisfying salads for lunch and dinner (Ready-To-Cook) Salad Dressing Recipes: 120 Delightful Homemade Salad Dressings Just for You! (120 Easy Recipes Book 6) Super Paleo SALAD Recipes: (Easy SALAD Recipes) [Kindle Edition] Make Ahead Meals: Delicious, Healthy, Low Carb Make Ahead Freezer Meals Recipes For The Busy Individual (Frugal Cooking, Meals For One, Cooking For One, ... Recipes, Easy Meals, Slow Cooker Cookbook) Salad Dressing: 59 Healthy Homemade Salad Dressing Recipes For Vegetarian, Vegan, And Plant Based Diet. No Oil. No Mayo. No Vinegar. (Healthy Recipes. Healthy Cookbooks To Keep In Your Kitchen.) Casseroles: 365 Days of Casserole Recipes for Quick and Easy Meals (Casserole Cookbook, Party Recipes, Family Meals, One Dish Recipes, Dump Dinner, Make Ahead Meals)

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