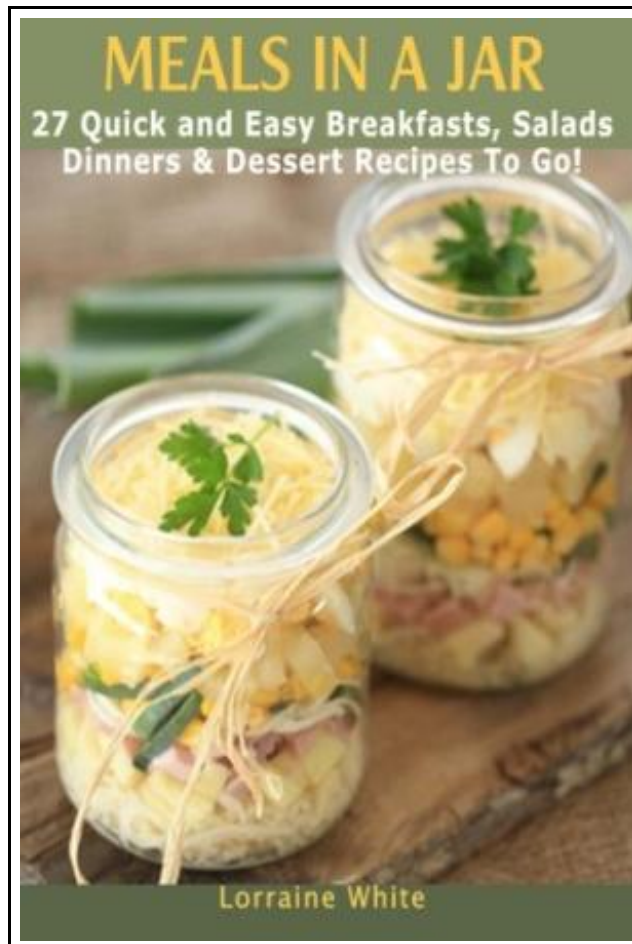


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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Meals in a Jar Product Description \* Do you struggle to find the time to cook every day? \* Do you want to eat healthy but never seem to have anything prepared? \* Do you snack on the wrong types of foods throughout the day? If the answer is yes then my meals in a jar could be the solution. If you don't have all day to cook like some people then this book will save you time. It will also save you money because the recipes require the most basic ingredients and you are also preparing these meals in bulk. There is little if any waste involved too which can't be said when you are cooking from scratch every day. The recipes in this book are so quick and easy to prepare and you can simply make them, refrigerate them and grab them to go. They are totally portable. This is just a sample of the recipes inside: Healthy Breakfasts Egg Bacon Breakfast Treat Oats with Strawberry Banana Smoked Salmon Breakfast Salads To Go Salmon Salad Chicken Balsamic Salad Sweet Potato Black Bean Salad Chickpea Salad Tofu Sesame Seed Salad Dinner Recipes Easy Lasagne Chili Cornbread Juicy Chicken Pie Broccoli, Ham Potato Soup Delicious Desserts No Bake Raspberry Mouse No Bake Strawberry Cheesecake 3 Berry Nut Delight Pumpkin Pie They are all truly scrumptious recipes that can be prepared as easily as 1,2 and 3. So get ready to prepare some fast and delicious meals in jars. Click to download and start saving time and money today. Tags: Mason Jars, Mason Jar Salads, Mason Jar Recipes, Mason Jar Meals, Meals in a Mason Jar, Mason...



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