



# **The Top 365 Mason Jar Recipes - Includes Nutrition Facts (Breakfast, Lunch, Dinner, Salads, and Desserts)**

*Susan Davis*

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## **Pack and Go Meals in Jars**

If you're like me, you are continually searching for quick and easy low cost healthy ways to eat. Too many times we fall into the trap of having to buy fast food on the run. The cost of eating out adds up and is probably not as healthy as food we can make at home. And with so many of us on special diets, we need to be able to choose our own ingredients that follow our particular diet plan.

Well, the solution I discovered is Mason jar courses. These are easy meals that you can mix up in a Mason jar on the run. Or you can make them the night before and pack them in your bag the next day. The concept is simple. Add ingredients to a Mason jar and bake it in the oven like using bake ware (only in a pan of water). You can also use your Mason jar on your blender to blend soups and smoothies and a whole lot more. Forget the hassle of eating out. Make your Pack and Go meals at home.

Inside you will find my delicious 365 Quick and Easy Mason Jar meals favorites ... ENJOY!!

## **What You Will Discover Inside**

A beautiful nutrition table for every single recipe

Would You Like to Know More?

This book contains 365 of the best mason jar recipes around. The question is will you start to make your own food at home and lead a healthy life or will you wake up tomorrow still regretting your diet and overall health?

**STOP WAITING!**

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