



# 101 Mason Jar Salads Recipes: Quick and Easy Mason Jar Recipes for Meals on the Go

*Kristina Newman*

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Every year, it seems that there are a variety of trends that emerge when it comes to health and fitness. There are trends that come and go, but a few appear to make such a splash that they seem to stick around for the long haul. One of these health trends that is equally convenient as it is delicious is the new salad in a jar. This approach to eating salad is one of the easiest ways to carry around any type of salad without fearing that it will spill all over your bag, your lunchbox, or your car. And if this is a health trend that interests you, then you are certainly in luck: with this e-book, you will have many months' worth of recipes that you can create, concoct, and enjoy with you on the go. INSIDE THIS RECIPE BOOK you'll discover 101 Mason Jar Recipes that are tasty, healthy, and will aid you on your journey toward weight loss. You can go through the book one at a time, picking one recipe to prepare each night, or you can skip to some of the classics and compare them to what you already know. The possibilities are endless!

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