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Meals in a Jar: 27 Quick Easy Healthy Breakfasts, Salads, Dinners Dessert Recipes to Go: The Best Mason Jar Meals in One Book (Paperback)

By Lorraine White

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...



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