



# **Mason Jar Meals: Healthy and Yummy Mason Jar Breakfasts, Salads, Lunches, Recipes for Kids, Decorating and Gift Ideas, Plus Nutritious Value (Mason Jar & Healthy Recipes)**

*Jemma Porter*

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In today's fast-paced world, the time that was once allocated for daily home-cooked meals and sit down family dinners has slowly drifted out of the grasp of many of us. As a result, we have been compelled to nourish our bodies with pre-packaged, processed, add water and heat foods that have been loaded with all sorts of things that can be damaging to our health.

While we may find that we're eating meals, feeling satisfied, and gaining a bit of energy, we are a nation that has been found to be undernourished. We are eating plenty but of the wrong foods. While many of us understand that freshness is the key, we find that its perishable qualities make us reluctant to buy them like we should. We bring home a bunch of fresh veggies only to see them begin to waste away before we can finish them.

This is one way that Mason Jar Meals can come in and save the day (or the dollar) from being wasted. Not only do they help to keep the meals fresh for longer, they help us to get those healthier food choices. The recipes listed in this book are relatively easy to prepare, allow us to store the food for longer periods of time while still keeping them fresh, and they are portable. We can even prepare a whole week's worth of breakfasts, lunches, and dinners at the same time and really know what we're eating, and it makes eating much more fun and interesting. It's a win for everyone in the family!

Mason Jar Meals is a great way to put a new twist on an old tradition. Learning how to create these edible works of art can be fun for the whole family. Once you learn how to layer these beautiful dishes and how to preserve their freshness for a longer period of time, premade meals will no longer have to be a game of Russian Roulette, never knowing what you're getting or how it will harm you.

## **In this book you'll learn:**

Why Mason Jar Meals have become so popular and what it can mean for your health.

- How to create a healthy portable food that even your kids will want to make.
- How to come up with great gift ideas that will be appreciated and valued.
- How to layer a meal for maximum freshness.

Once you learn how to create these layered beauties and see how convenient they are you won't want to go back to the stand by fast food choices ever again. You'll have started a new tradition that is healthy and fun and can go with you no matter where you go.

If you've been trying to think of a way to spice up your diet and create something fun and exciting, they you'll want to try Mason Jar Meals a try.

Don't Delay. Download This Book Now.

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