



# Mason Jar Lunches: 50 Pretty, Portable Packed Lunches (Including) Delicious Soups, Salads, Pastas and More

*Jessica Harlan*

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## Mason Jar Magic for Lunch!

Packing your lunch is one of the best ways to eat healthy and save money. But preparing and packing a portable lunch isn't always easy. Mason jars are the perfect solution--they're durable, adorable, and keep your food sealed and fresh.

Packed with full color photos of each recipe, this book is as gorgeous as the layered lunches themselves. *Mason Jar Lunches* goes beyond the popular mason jar salad recipes to include a variety of hot and cold meals. With 50 delicious recipes, *Mason Jar Lunches* will help you prepare the perfect lunch every day, including:

Poke bowl with salmon and avocado

Watermelon gazpacho

Autumn grain bowl with barley, roasted veggies, and maple-cider vinaigrette

Lemon meringue jars

Ramen in a jar

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## **From Reader Review Mason Jar Lunches: 50 Pretty, Portable Packed Lunches (Including) Delicious Soups, Salads, Pastas and More for online ebook**

### **Angie says**

This book contains everything described to you in the title. There are fifty aesthetically pleasing, portable lunches that anyone can make easily enough.

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### **U Patel says**

I loved the buttermilk recepie so much.

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### **Kate says**

I haven't tried any of these recipes yet, but I have quite a list to include in future meal plans (yes, I'm that person. It makes my life easier, ok?). They look tasty, and there's a good wonderful range of options.

A few notes regarding practicalities:

- 1) I love that each recipe includes which size jar it will fit in! No more guessing.
  - 2) There are instructions as to the order in which to pack your jars... that are contradicted in some recipes, woh things like lettuce low down, sitting in the dressing.
  - 3) Not mentioned in the soup section is that the jar will get too hot to hold when you pour boiling water in and let it sit for a few minutes, as directed. This is very useful information to have, especially if you're taking these into the office for lunch, and don't have a potholder or something on hand.
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