



150 Best Meals ^{in a} Jar

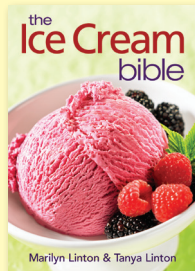
Salads, Soups, Rice Bowls & More

Once you start using mason jars, you'll be delighted by just how versatile they can be — especially when they're combined with these tempting and innovative recipes. Enjoy a wide variety of absolutely delicious meals for breakfast, lunch and dinner, including hearty meals, pastas, rice bowls and even desserts, all of which are prepared and transported in a mason jar — and some can even be eaten out of it! These are truly the ultimate grab-and-go meals.

Breakfasts and Snacks • Soups • Rice Bowls • Hearty Meals
Fruit and Vegetable Salads • Pasta and Noodle Salads
Grain and Legume Salads • Surf and Turf Salads • Desserts



TANYA LINTON is an accomplished writer and producer who oversaw some of Home & Garden Television's most successful programs and is now a partner in a television production company that specializes in lifestyle and factual programming. She is also the busy mother of three energetic boys.



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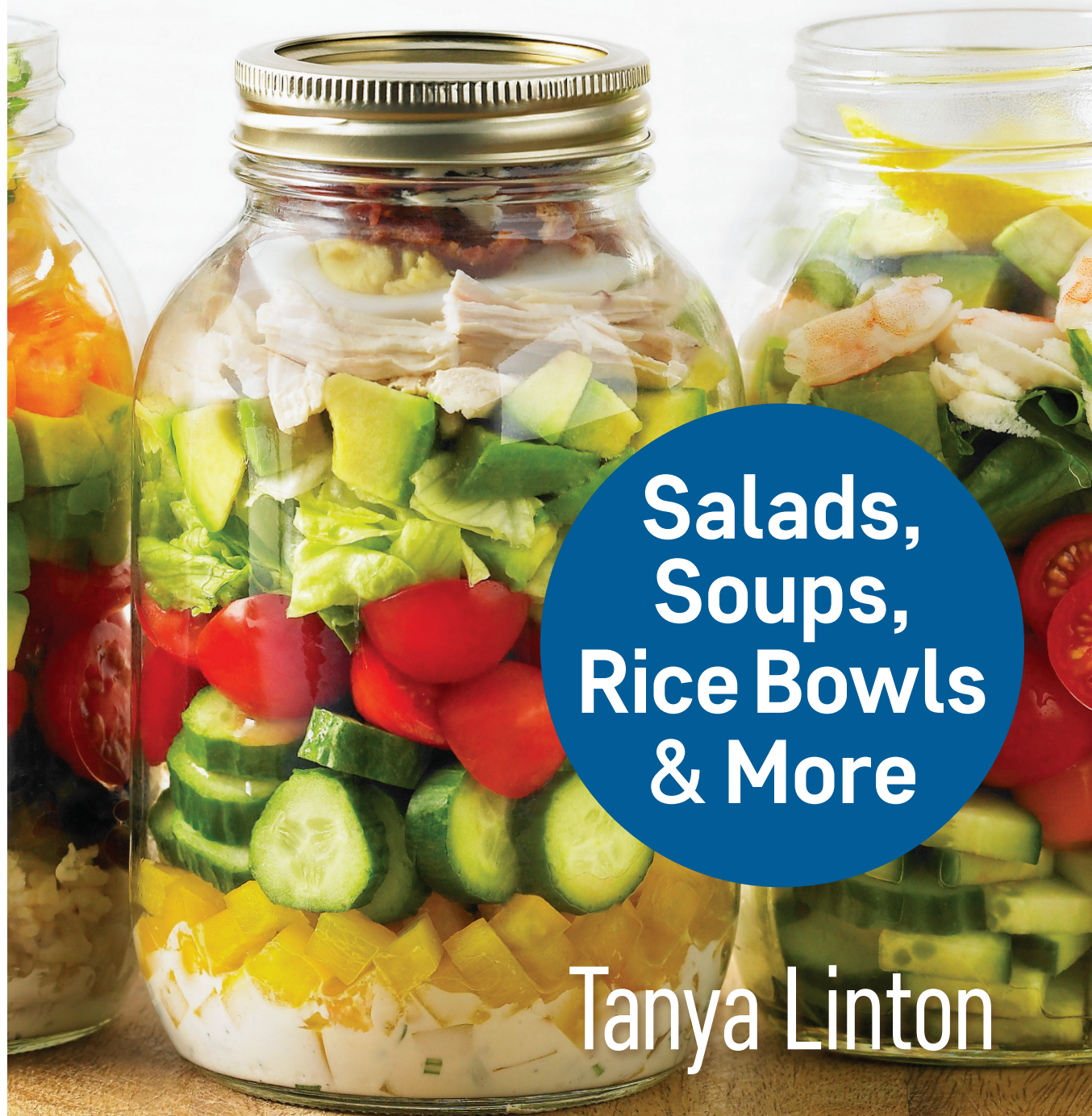
Tanya Linton

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