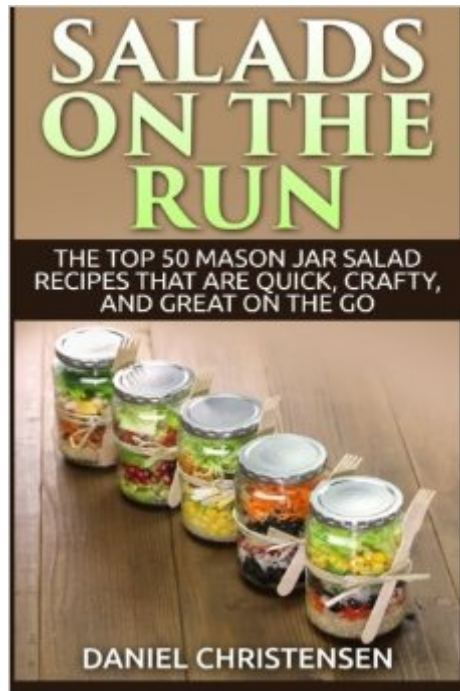


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# Salads On The Run: The Top 50 Mason Jar Salad Recipes That Are Quick, Crafty, And Great On The Go



## Synopsis

Salads in a Jar: Chill, Shake and Serve. How would you like an easy healthy lunch or dinner idea? How about mixing your own fresh salad dressing in a Mason jar, and then layer all the fresh salad ingredients up to the top; put the cover on and chill, shake and serve. Sound like fun? It is, and the list of salad ideas is endless. Here are 70 recipes to get you started. Inside you will find my all time Chill, Shake and Serve Salad favorites ... ENJOY!!

## Book Information

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (17 customer reviews)

Best Sellers Rank: #173,828 in Books (See Top 100 in Books) #44 in [Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Salads](#)

## Customer Reviews

I just received my book today, on first glance, and the greatest thing, it has the nutritional information for every recipe, that is a huge plus to me as I try to watch my calorie intake. The recipes are just what I was looking for Chef salad, calories seem high, but that is ok I may be able to adjust. Taco salad, can't wait to dive into that one. There is Caeser, 7 layer, etc. I have tried these jar salads a couple times and they really work. I bought 2 other books, they don't even compare to this one. Worth more than I paid in my eyes.

This is my 4th Mason Jar salad cookbook. It looks very interesting and the nutrition facts are boldly noted in the box format as on packaging on retail products. The big drawback is, no colored photographs except for the front cover. What makes salad in a jar so fun is to see how it's going to turn out. I would've been glad to pay a bit more money to have the color photographs in the book. I just received the book this week and haven't had a chance to utilize the recipes but from past experience I can see by the ingredients it looks as tho' the salads will be good.

Just started up with this mason jar trend that is ingenious for the working man. These salads did not dissapoint I wanted something a little bit lighter but still tasted amazing and these recipes DO NOT dissapoint. They are amazing and well thought out with a diversity in flavor on each recipe.

A good read for my salad lovers and for my jarring enthusiasts! Yum yum yum is all I can say about every recipe in Salads On The Run. The best part is the free mobility to eat! Take these anywhere! I love packing these in my lunches for work and when the family goes on road trips. Recommend these recipes for the whole family!

Mason jar salads?? These recipes are not only tasty, but they can also be dressed up with a bow or a square of pretty fabric on the lid and they can be given as gifts. I started giving mason jar desserts as gifts last year, and will keep giving them; I have a variety of things I can make now that will please everyone!

A friend of mine turned me on to mason jar salads. She showed me how easy they are to prepare. This book is loaded with salad recipes in a jar. So easy to make and so nutritious and good. It is perfect to take to work.

I read this book because i thought it would be perfect because i'm always busy and also i want to eat healthy to get fit again. I sure was right to pick this book they have some delicious salads and they are easy to make.

I am always on the go so having these premade salads will really help me stick to my diet!

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