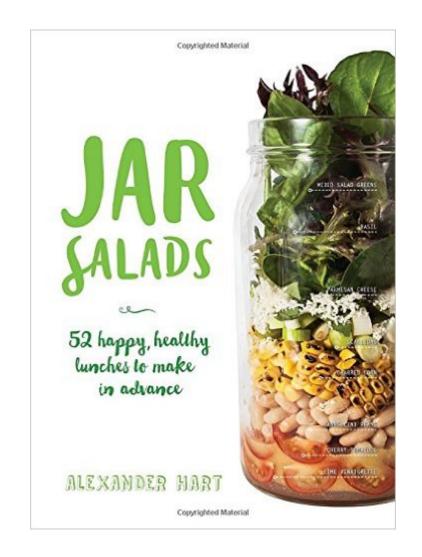
## The book was found

# Jar Salads: 52 Happy, Healthy Lunches To Make In Advance





### Synopsis

A guide to creating perfectly freshâ "and transportableâ "salads. Put down that sandwich! Here youâ <sup>™</sup>II find healthy and delicious lunch ideas to get you through the year. Who wants a soggy salad for lunch? The trick to a perfectly fresh and crisp salad that can be kept in the refrigerator the night before is all about the layering: the dressing at the base, followed by protein or grains, then nuts or seeds, with the leafy greens and herbs on top. When youâ <sup>™</sup>re ready to eat the salad, turn the jar out into a bowl and enjoy immediately! Jar Salads contains fifty-two deliciously inventive saladsâ "a new one for every week of the year. From a Mexican-inspired vegetarian taco salad to a Vietnamese pork and-vermicelli-noodle salad, and classic salad combinations, Jar Salads has all tastes covered. All you need is a screw-top mason jar and a bunch of fresh ingredients. This year, get inspired to get healthy!

#### **Book Information**

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