



# Meals in Jars :The Ultimate Guide

*Sarah Dempsen, Encore Books*

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## The Ultimate Meals in Jars Guide

If you are new to the meals in a jar concept, the joy of portable convenient meals will make you an instant believer. Whether you're preparing snacks for school or lunches the work week these recipes will put your recyclables to work saving you time, money, and space. Meals in a jar includes salads, lunches, appetizers, desserts, and virtually any other food you can think of on the go. The possibilities are truly endless. We have collected the most delicious and best selling recipes from around the world. Enjoy!

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