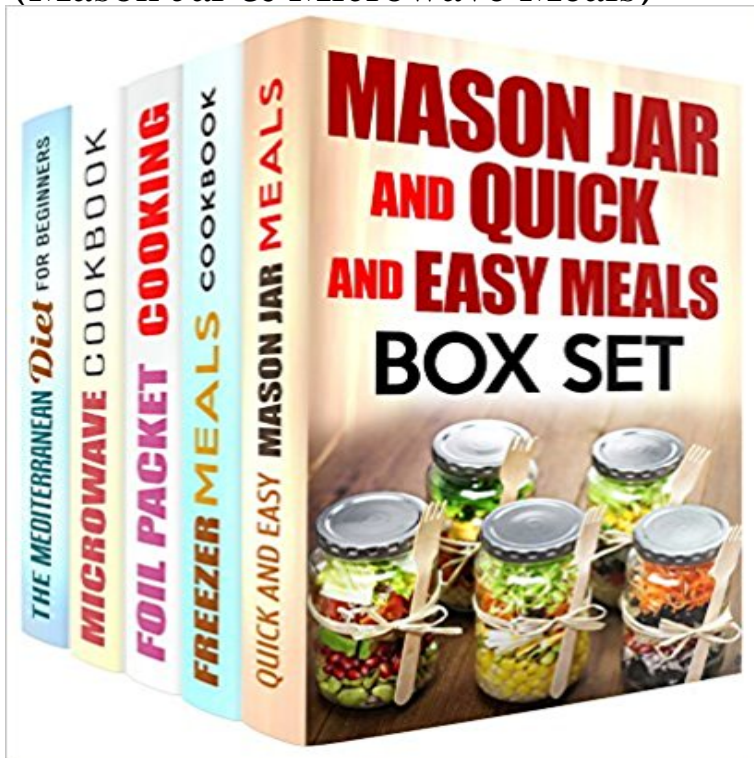


Mason Jar and Quick and Easy Meals Box Set (5 in 1): Over 150 Mason Jar, Foil Packet, Microwave Meals and Much More for People on the Go! (Mason Jar & Microwave Meals)



Mason Jar and Quick and Easy Meals Box Set (5 in 1) Book 1: Quick and Easy Mason Jar Meals: Mason Jar Recipes for People On-the-Go - Mouthwatering Breakfast, Lunch, Dinner & Salads Inside You Will Learn How to Cook Things Like Creamy Pumpkin Spice Overnight Oats Thai Peanut Tofu Spread Lasagna in a jar Barbecue in a Mason jar Mason jar Chicken Roll ups Taco salad in a jar Brown rice and nori sheet salad Brownie cakes in a jar Chocolate chip snake in a jar And Much More Book 2: Freezer Meals Cookbook: 50 Quick and Easy Make-Ahead Meal Recipes for You and Your Family to Enjoy Some of the delicious recipes you will get to enjoy include Beef and pork meals Chicken meals International delights Pasta dishes

Book 3: Foil Packet Cooking: 35 Easy and Tasty Recipes for Camping, Backyard Grilling, and Ovens Inside You Will Learn

How to get started with foil cooking. How to make different foil packages. Best practices to follow. Common mistakes to avoid. Recipes for breakfast, lunch, dinner and snacks. All the ingredients needed for each recipe. Step by step methods with easy to follow instructions And much more. Book 4: Microwave Cookbook: 40 Delicious, Healthy and Easy to Make Meal Recipes for Busy People Do you need? ?New meal ideas that wont break your budget? ? Something quick and delicious that wont dirty every pan in the kitchen? ? Nutritious ingredients that also taste yummy? ? A healthful alternative to fried or fast foods? ? A better way to make use of your microwave? Book 5: The Mediterranean Diet for Beginners: Troubleshooting Guide with Quick and Easy Recipes to Losing Weight and Having a Healthy Heart! Here is a preview of what you will learn from this book What the Mediterranean Diet Is Why Mediterraneans Tend to Live Longer than People in the West What foods and

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