



**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)**

*Jessica Meyers, Nicole Moran, Julie Peck*

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## **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 won't break your budget?
- Something quick and delicious that won't 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 herbs Are Used in Mediterranean Cooking
- Easy to Make Low Calorie Recipes
- And Much More

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**John Kuykendall:**

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