

## Jar Salads 52 Happy Healthy Lunches

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When youre ready to eat the salad, turn the jar out into a bowl and enjoy immediately! Jar Salads contains 52 deliciously inventive salads a new one for every week of the year. From a Mexican-inspired vegetarian taco salad to a Vietnamese pork and vermicelli noodle salad, Jar Salads has all tastes covered. Get inspired to get healthy.

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A guide to creating perfectly fresh—and transportable—salads. Put down that sandwich! Here you ' ll 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 you ' re ready to eat the salad, turn the jar out into a bowl and enjoy immediately! Jar Salads contains fifty-two deliciously inventive salads—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!"

Get healthier, happier, and your lunch salad organized in record time. All you need is this book and nine minutes of your morning. These fifty-two recipes are a comprehensive range of diverse salads, including vegan salads, grain salads, zoodle, and seafood salads. Expect myriad flavors from across the globe. Imagine a Vietnamese-style chicken coleslaw, Mexican-spiced quinoa salad, or a Japanese(ish) combination of edamame and chickpeas with avocado-lime dressing. Do you know what Korean-style bibimbap is? This diverse cookbook explains, alongside its foolproof recipe. Sometimes preparing your food for the impending day can feel impossible. You opt for the easy way out: buying lunch. Often this is less healthy, and always more expensive, than bringing your own to work. On the other hand, maybe you're just in desperate need of inspiration after making the same pitiable sandwich day after day (month after month... year after year). This book makes food prepping an exciting and nutritious lunch a total breeze. Lunch breaks should always be something to look forward to. A restorative breath--away from a working world of email chains, customer service nightmares, or manual labor. Your mornings will be drastically improved by the comfort of knowing that your five-minute salad awaits you. With the protein gained from any of these fifty-two salads, you can safely forgo that second afternoon coffee: this is all the energy your workday is ever going to need.

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A collection of more than 60 illustrated recipes for simple-to-prepare salads, dressings, breakfasts, and snacks to take on the go. The solution to the lunchtime salad rut, Salad in a Jar provides healthy, easy alternatives to dissatisfying or overpriced grab-and-go meals. These nutritionally balanced recipes are perfect for making ahead. Anna Helm Baxter reveals the keys to layering ingredients to maximize freshness and texture for a hearty and satisfying dish or snack. Tips and tricks include instructions on designing salads in a jar with recipes for raw salads, side salads, meal salads, snacks, and desserts.

Master the art of improvising your lunch, using whatever you've got lying around, with this simple cookbook. When your cupboard is looking a bit bare, it's hard to get inspired to make lunch for the day ahead. We can often run out of inspiration too, meaning we end up with the same dull lunch every day - or worse yet, buying every meal out and about. Those costs add up. The 5-Minute 5-Ingredient Lunchbox aims to streamline your lunch each day according to what you have lying around. Some forgotten rice or grains in the cupboard? Or a random assortment of tinned veggies? These 52 recipes will show you how to quickly turn them into a nutritious and delicious lunch. Plenty of these lunchbox ideas are also vegetarian, vegan, gluten-free and/or dairy-free. There's also advice throughout on how to make bulk lunches for your week, if that's your style, and how you might be able to overhaul last night's leftovers into a great midday meal.

Get your plant-based lunch organized in record time with this foolproof cookbook. Sometimes it seems like too much of a chore to get our lunch prepped for the day ahead, especially when we're committed to (or experimenting with) a plant-based diet. We can often run out of inspiration too, meaning we end up with the same dull lunch every day - a drudgery which makes healthy eating much harder than it should be. The 5-Minute Vegan Lunchbox aims to make prepping your lunch each day a breeze - ensuring your days are deliciously healthy and completely vegan, too. The 52 recipes cover a range of diverse salads, utilizing the power of grains, beans, veggies and more. There's also advice throughout on how to make bulk lunches for your week, if that's your style, and how you might be able to overhaul last night's leftovers into a great midday meal.

**DELICIOUS GRAB-AND-GO LUNCHES!** Discover the coolest way to pack a healthy, on-the-go meal! With tasty recipes and full-color photos, Mason Jar Lunches will show you how to combine fresh produce and whole foods into fun meals packed in adorable jars, including: • lasagna in a jar • poke sushi bowl • buffalo chicken salad • layered yogurt parfait • farro and roasted vegetable bowl • ramen with egg and broccoli • miso udon soup • charcuterie stack • burrito jar

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More than 150 plant-based, gluten-free, soy-free recipes! No matter where you land on the diet spectrum, more whole, plant-based foods can enrich your life and improve your health. If you're transitioning to a plant-based diet or you just want some ideas for preparing scrumptious veggie dishes, Heather Crosby provides a step-by-step guide to simply adding more delicious, health-boosting meals to your existing routine, whether you're a meat-eater or a vegan. YumUniverse: Infinite Possibilities for a Gluten-Free, Plant-Powerful, Whole-Food Lifestyle offers a creative collection of more than 150 craveable recipes without meat, dairy, gluten, or soy. But this is more than just a cookbook—it's a treasure chest that will help you build health-promoting habits and recipes of your own for a lifetime. As a former veggie-phobe, Heather knows firsthand how overwhelming yet rewarding the transition toward a plant-powerful diet can be, so she offers expert advice for folks seeking to adopt and maintain a whole-food approach to what they eat. Fans of YumUniverse.com, Heather's inspirational food website, and new readers alike will discover recipe goodness like her Fig & Caramelized Onion Tart and Almond-Cardamom Cream Chia Pudding with Fresh Berries, as well as divine desserts like Mexican Unfried Ice Cream and Chocolate & Salted Caramel Stack Cake. A plant-powerful, gluten-free lifestyle is delicious and doable. So, say "goodbye" to the dieting roller coaster and embrace a long-term wellness adventure with tasty, healthy, plant-inspired cuisine.

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