



Meals In Jars: Grab and Go Meals for Breakfast, Lunch and Dinner

Cherie Mitchell

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Meals in Jars - make ahead meals for every day. Assemble fresh meals, using every day pantry items, in jars ahead of time and store up to 5 days in the fridge. Breakfast on the run, portable work and school lunches, easy dinners for busy evenings, desserts for parties or for one, and portion controlled treats and snacks. Follow these easy directions to prepare home made meals ahead, ensure you know exactly what you and your family are eating, and enjoy the fun and attractive meal presentations. Contents include breakfast (hot or cold), salads, soups, hot (casserole style) meals, desserts and any time of day hunger busters. Also included are ideas for gifts in jars.

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