



Paleo Mason Jar Meals: Quick & Easy Caveman Recipes For Healthy Meals On The Go (Gluten-Free, Low Carb)

Elizabeth Goodwin

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Paleo Mason Jar meals are perfect for busy people on the go. Mason jar cooking is a terrific way to serve healthy Paleo meals in a flash, as well as control portion sizes. The attractively layered and colored jars will get even the pickiest eaters to try new dishes.

Mason jar meals are the latest cooking craze in kitchens across the US and abroad. Popular with moms & dads as well as artistic foodies, Mason jar cooking is made for the creative cook. Just about anything can be made in a Mason jar- from breakfast foods to dinners and everything in between!

Author Elizabeth Goodwin became familiar with the Paleo diet a number of years ago as a result of her children's food allergies and sensitivities. A true believer in the benefits of eating Paleo, Goodwin and her family have successfully switched to the Paleo lifestyle. While the transition isn't always easy, Goodwin makes it easier with these tried-and-true family-approved recipes.

In her book, Goodwin presents 30 Paleo Mason Jar recipes that can be prepared for all types of meals. In her cookbook, she created recipes that can be used for breakfast, lunch, dinner and desserts.

Cooking and serving food in Mason jars is exciting and fun. Pick up these fun and easy **Paleo Mason jar recipes** to get started with these creative and delicious meals!

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