



# Daniel Fast Mason Jar Meals: Quick and Easy Make and Take Meals On the Go

*Rebecca Fitzgerald*

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## Daniel Fast Mason Jar Meals: Quick and Easy Make and Take Meals On the Go

Ready to commit to the Daniel Fast but are afraid you don't have the time? Mason jar meals are a perfect solution even the busiest people to participate in the Daniel Fast. These are perfect make-ahead meals that you can prepare days in advance and simply grab "to go" when you need quick meal. Just about anything can be made in a Mason jar- from breakfast foods to dinners and everything in between!

In her **Daniel Fast Mason Jar Meals** cookbook, author Rebecca Fitzgerald shares 21 of her favorite healthy and nourishing Daniel Fast recipes that can be prepared in Mason Jars. Her breakfast, lunch, and dinner recipes were chosen for not only for taste but for ease of preparation.

Pick up a copy of her Daniel Fast Mason Jar Meals today, and begin your spiritual journey to a deeper understanding and relationship with God.

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