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“It was about saying yes to the just-as-delicious alternative that was already prepped and waiting for me.” We had a very hard time deciding which Damn Delicious meal to prep first. The mason jar chicken and ramen soup, healthified with fresh spinach, carrots, and mushrooms, seemed like a delicious start. Check out the recipe below.

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Mason Jar Meal Cookbook: Over 40 Delicious, Simple, Mason jar meals are the up and coming trend for meals on the go. Gone are the days of putting your food in plastic containers or eating a sandwich.

Mason jar salad recipes are, hands down, my favorite meal prep recipe. Over the last 5+ years I've made a mason jar salad just about every week for lunches. Honestly, I missed 3-4 weeks if that! So, needless to say I'm salad in the jar obsessed. Actually, it goes way beyond obsession – in a ...

Mason jar breakfasts aren't all layered parfaits, oats, and chia seeds. Hearty combinations like this one work just as well, making eggs portable without putting them on an English muffin or bagel.

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