



Mason Jar Meals

PRACTICAL MEAL PREP IDEAS FOR
BREAKFAST, LUNCH, DINNER & MORE

Hi, I'm Krystal!

FLORIDA FOOD AND TRAVEL WRITER

Welcome to the party! I love that you have joined my email list (which is a ton of fun!) and features easy recipes, cocktail ideas, party printables, dating advice, and more. I love to create colorful content that shares a little bit about our life here in Florida along with our travel adventures. We love to explore beaches, breweries, attend baseball games, and my favorite thing to do is create content. From mixing up a pretty cocktail to styling a photoshoot, I like to get creative. I hope that you join me on this adventure, and I'll see you around!



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PERKS OF JAR MEALS

- ✓ Eating healthy can be difficult, especially when you're busy. Mason Jar Meals makes it easy by allowing you to prepare and store healthy meals ahead of time.
- ✓ Mason Jar Meals are a great way to save money. You'll be able to buy groceries in bulk and prepare them all at once.
- ✓ Mason Jar Meals are healthy and delicious. You'll have a variety of options to choose from, and you'll be able to customize your meals however you like.

Mason Jar Meal Options:

- Salads
- Soups
- Breakfast
- Lunch
- Dinner
- Snack
- Dessert
- Smoothies





Breakfast Jars

If you're looking for a healthy, grab-and-go breakfast option, mason jar breakfasts are a great choice. Prepping your breakfast ahead of time can save time in the morning while ensuring you're starting your day with a nutritious meal.

Plus, there are endless possibilities for mason jar breakfasts, so you can mix and match ingredients to find what works for you. Whatever ingredients you choose, mason jar breakfasts are a simple way to have a healthy breakfast on hand whenever you need it.

Overnight Oats: Combine gluten-free oats with almond milk and some fruit or nuts, and let it sit overnight in the fridge. In the morning, you'll wake up to a delicious and healthy breakfast ready to eat.

Chia Seed Protein Pudding: Made with chia seeds, protein powder, and almond milk, this cultured pudding is packed with protein and healthy fats and is probiotic-rich and gut-friendly. Add a handful of your favorite fruit for some added nutrients.

Omelet in a Jar: Add eggs & your veggies of choice to a small mason jar. You can pre-bake them or microwave them when the time comes (approximately 1-1.5 minutes) to have your omelet on the go.

Smoothies: Add your favorite smoothie ingredients to a mason jar for quick access in the morning. Dump your jar into the blender, blend your ingredients, and enjoy.

Quinoa, yogurt & berries: Layer quinoa, your favorite yogurt, and fresh berries for a protein-packed breakfast.



Lunch Jars

A mason jar meal is a perfect way to pack a nutritious and delicious lunch. By layering ingredients in a jar, you can create a variety of flavor combinations while ensuring that each bite is perfectly proportioned.

Plus, mason jar meals are easy to transport and can be prepared ahead of time, so you can always have a healthy lunch at the ready.

Soba Noodle Salad: Add soba noodles, vegetables, your protein of choice, and your favorite sauce for a quick twist on a favorite dish.

Minestrone Soup: Add your veggies, tomato sauce, pasta, and seasonings to a mason jar. When you're ready to eat, add enough boiling water to cover the ingredients and let it sit for 5 minutes to cook.

Salad: A popular option, for good reason. Layer your jar with dressing on the bottom, then toppings and lettuce on the top. Dumping your salad in a bowl will come out perfectly ready for you to enjoy. With endless possibilities, it's hard to tire of this classic.

Taco Bowl: Take your taco on the go. Layer your mason jar with your favorite taco ingredients to have a delicious taco bowl lunch anytime.

Sushi Jars: Deconstructed sushi jars allow you to include your favorite sushi ingredients in a jar that you can toss in your lunch bag.



Dinner Jars

Mason jar meals are a healthy and convenient way to have dinner prepped and ready to go. They are perfect for busy weeknights or for taking on the go. And because you're in control of the ingredients, you can be sure that you're eating healthy, homemade meals without spending hours in the kitchen every week.

Whether you're prepping for one person or for a whole family, mason jar meals are a delicious and nutritious solution.

Burrito Bowl: Layer brown rice (or cauliflower rice), your protein of choice, beans, bell peppers, onions, and tomatoes in a jar for a quick and easy burrito bowl. Add your favorite sauce to kick it up a notch.

Ramen: Create your favorite ramen dish and store it in a mason jar. You can pre-cook it or include your ingredients and add boiling water when it's time to enjoy your meal. Letting it sit for approximately five minutes will let it cook and leave you with a hot, delicious bowl of ramen.

Chili: Make a big batch of your favorite chili and portion it into mason jars for quick, easy access to dinner on a busy night.

Zucchini Pasta: With an endless amount of options for ingredients, pasta in a jar is an excellent option for dinner. Use regular pasta, or for a gluten-free veggie-filled option, you can substitute zucchini noodles. Hot or cold, pasta jars are a hit.

Soup: A pot of your soup of choice can create multiple large mason jars of pre-portioned soup ready and waiting for a warm, filling dinner.



Snack Jars

If you're looking for a healthy snack option that you can prep ahead of time, mason jar meals are a great option. There are a variety of ways to make them, but the basic premise is to layer healthy ingredients in a jar and then refrigerate until you're ready to eat. The sky is the limit when it comes to ingredients.

Mason jar snacks are easy to make, easy to transport, and can be tailored to your own taste preferences.

Veggie & Dip: Raw veggies with guacamole, hummus, or another dressing of choice. Celery with peanut butter is another excellent option. With the variety of options available, you can mix this one up enough to keep things interesting.

Granola with Yogurt: Granola with your favorite yogurt is a great snack option. Add berries and coconut flakes to include extra flavor and nutrients.

Fruit: Cut up your favorite fruit, or a mixture of fruits, and portion in mason jars for quick grab-and-go snacks.

Popcorn or Roasted Chickpeas: Like something crunchy as a snack? Pop some popcorn and portion into jars, or roast chickpeas with your favorite seasoning and carry with you as a savory, crunchy snack.

Trail Mix: Trail mix is an easy, filling, nutritious snack option easily stored in mason jars. Combine your favorite nuts, seeds, and dried fruits for a homemade trail mix you'll love.