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*By Rebecca Fitzgerald*



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

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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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