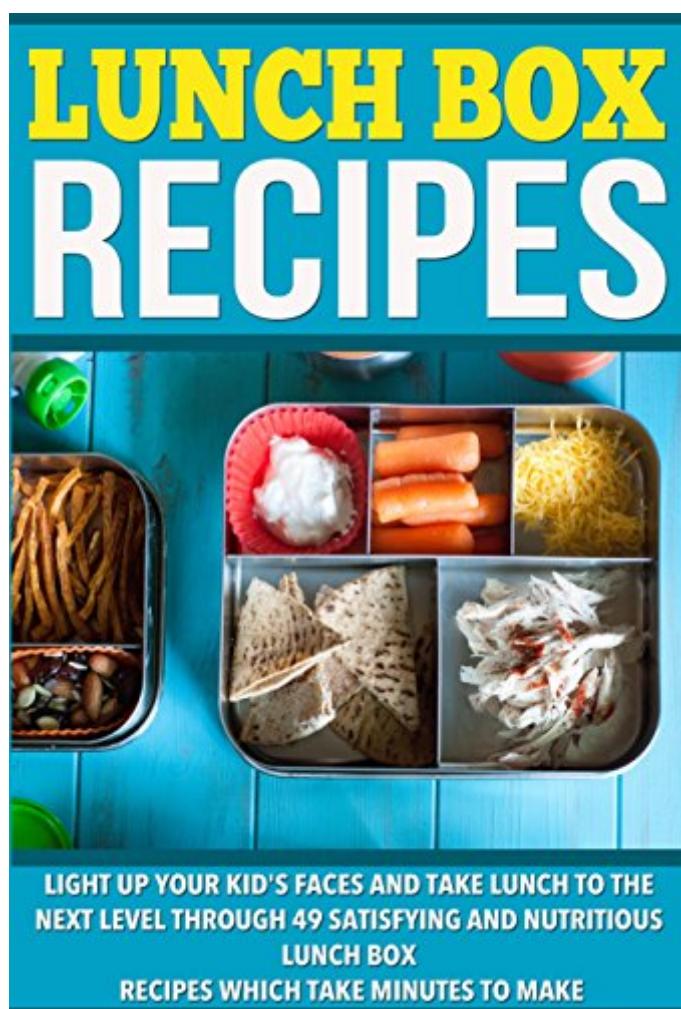


The book was found

Lunch Box Recipes: Light Up Your Kids' Faces And Take Lunch To The Next Level With 49 Satisfying And Nutritious Lunch Box Recipes That Take Minutes To Make





Synopsis

49 Satisfying And Nutritious Lunch Box Recipes That Take Minutes to Make

You want to send your child off to school or nursery with a nutritious packed lunch, but how do you ensure they look forward to lunchtimes? It's all about taste and variety, but also quick and easy options which can be rustled up in next to no time. Here are some lovely lunchbox ideas which are perfect for the whole family too!

Today, it seems we are all more aware of the relationship between health and diet, so we look for ways to cook meals for their lunch boxes that are low in cholesterol, fat and sodium. This book is filled with recipes to help you cook healthy. Our collection provides a main dish meal suitable for every school day, and to complete the menu nutritionally, we have suggested some side dishes that complement the entrée. Each of our recipes includes the nutritional analysis that lets you see for yourself exactly how healthy the food is. You can add your own choices to our main dishes, or add nothing, remembering that one meal does not necessarily have to satisfy your kids' entire day's worth of nutritional components.

Here Is A Preview Of What You'll Learn...

Salmon Salad Sandwiches
Toasted Mushroom Sandwiches
Herbed Spinach Fettuccine
Pasta Bean Stew
Stuffed Pasta Shells
Garden Burgers
Poached Whole Fish
Cheesy Chicken Casserole
Zucchini Citrus Salad
Eggplant Italiano
Sweet and Sour Fillets
Much, much more!

Download your copy today! Try it now, click the "buy" button and buy Risk-Free

Book Information

File Size: 3311 KB

Print Length: 104 pages

Page Numbers Source ISBN: 150246375X

Simultaneous Device Usage: Unlimited

Publication Date: September 16, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00NNOFUXW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #277,002 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #37
in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Occasions > Brunch & Tea #101 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Brunch & Tea #482
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Customer Reviews

As a mother with a school girl it is really hard for me to think of foods that my school girl would eat and love. When I found this book, it was like an angel was brought down from heaven. There are plenty of recipes that I think my daughter would surely love and enjoy eating without compromising her health. I cannot wait to try all of these recipes for my school girl.

This book helps me to cook simple, healthful meals, that taste good, are nutritious, and are quick and easy to prepare for my schooling kids. I like it, because each of these recipes includes the nutritional analysis that lets me see for myself exactly how healthy the food is. I tried to prepare some of the recipes there for my family breakfast, dinner and supper. It was very delicious. These are also perfect for serving to your friends and guests.

great

The guidelines in this book can be applied beyond school lunches for kids. What I appreciate most about this book is that it is a complete unit. You are introduced to basic nutrition, the components of healthy lunch, the building blocks of sandwiches and salads, and how to best re-purpose leftovers. A very useful book that can be applied to kid and adult lunches.

Great ideas for lunches!

What a wonderful book. Will certainly pull me out of my lunch rut. Sorry kids and grand kids, this is grandmas book! Bookmarked many recipes.

These recipes are very helpful and easy to whip up! I have a problem with running out of ideas for packing lunch. This book is a life saver!

This book is full of fantastic recipes! Some of them are a little advanced for kids lunch boxes in my

opinion, but none the less great recipes that can be used for a standard lunch or dinner. I'm excited to give some of these a try and I know my children are going to love them.

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