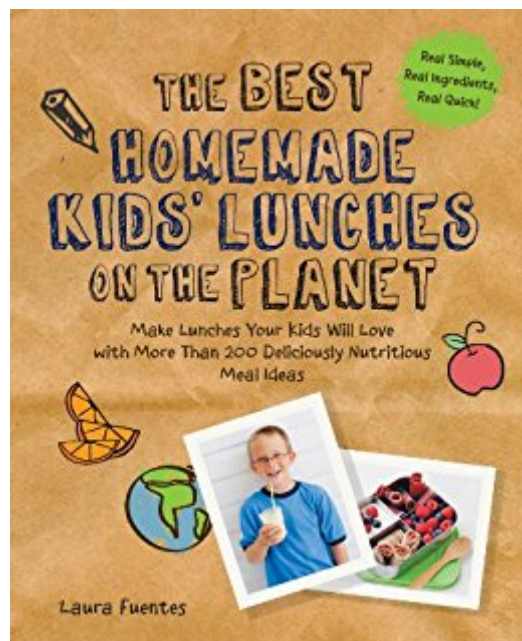


The book was found

The Best Homemade Kids' Lunches On The Planet: Make Lunches Your Kids Will Love With Over 200 Deliciously Nutritious Lunchbox Ideas - Real Simple, Real Ingredients, Real Quick!



Synopsis

We all know that kids need to eat right and get the nutrition they need to be their best all day long. So why not make lunches that will power their growing brains and bodies? Making lunches at home is a great way to keep your child healthy. Not only does it allow you to nourish your child with the most pure and wholesome ingredients, but it also gives you the peace of mind of knowing what has gone into every bite your little one takes. Full of recipes to suit every age and stage, *The Best Homemade Kids' Lunches on the Planet* shows you how simple and easy it is to prepare food that will be the envy of the lunch table. The 200+ adorable and inspiring recipes in this book are just as much a joy to make as they are to eat! There are even entire lunchbox meals that are gluten-, soy-, and/or nut-free. Make your own super-delicious, super-nutritious homemade lunches today! It's guaranteed to be at the top of the class!

Book Information

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Customer Reviews

The Best Homemade Kids' Lunches on the Planet: Make Lunches Your Kids Will Love with More Than 200 Deliciously Nutritious Meal Ideas by Laura Fuentes of Momables.com, is a great way to take charge of one of toughest food challenges faced by parents – “packing nutritious foods

your kids will eat and enjoy. Laura is the cool mom who acts like a trusted friend, sharing her secrets and taking you through everything step by step. The Best Homemade Kids' Lunches on the Planet is divided into seven chapters, along with a feedback chart to record your family's likes and dislikes as you work your way through the recipes. The chapters are as follows: Pack Like a Pro: Nourishing Foods on the Go – Tips for keeping food fresh and in great condition until mealtime, budget friendly shopping, stocking up Get Out the Door: Breakfast to Go – 11 Awesome Portable Morning Meals from Perfect Pancakes to Breakfast Burritos Fill the Box: Sandwiches and More – Not the boring sandwiches from ghosts of lunch boxes past, Laura puts her creativity to work to create fun meal options. From The Skinny Elvis, to Cheddar and Pear Quesadillas, and Baked Ravioli, you can get through the school year without have to pack the same meal twice – unless of course you find a family favorite and want to have it again and again. Add Some Fun: Interactive Lunches for Picky Eaters – This has never been a problem with my two, but I know some families struggle to get their kids to eat. With options for dipping, skewering, stacking and building and plenty of variety in textures and flavors, you're sure to find something that will tempt even the fussiest eaters.

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