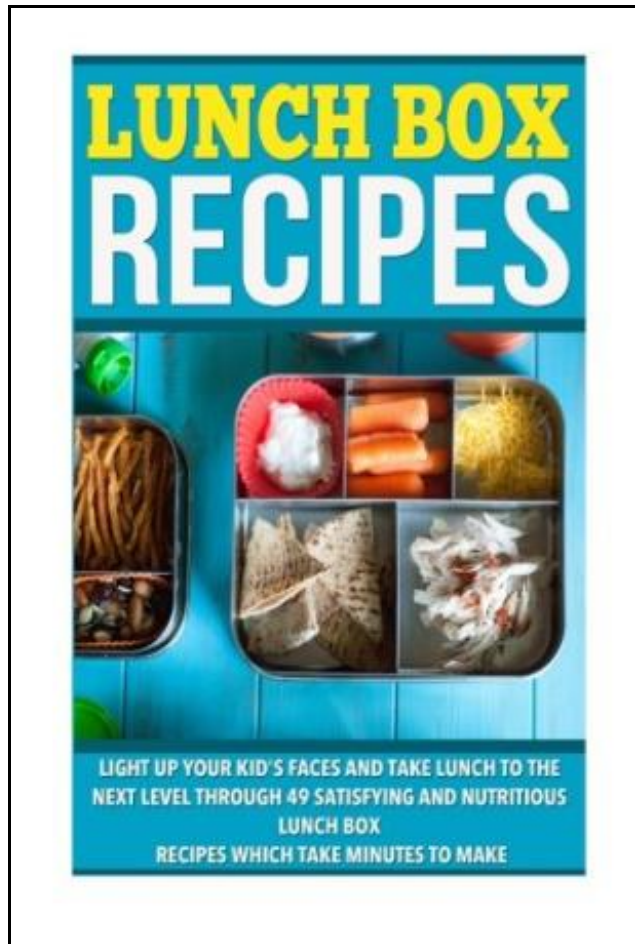


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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 236 x 165 mm. Language: English . Brand New Book ***** Print on Demand *****.49 Satisfying And Nutritious Lunch Box Recipes That Take Minutes to Make 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? Its 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 quot;add to cartquot; button and buy Risk-Free.



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