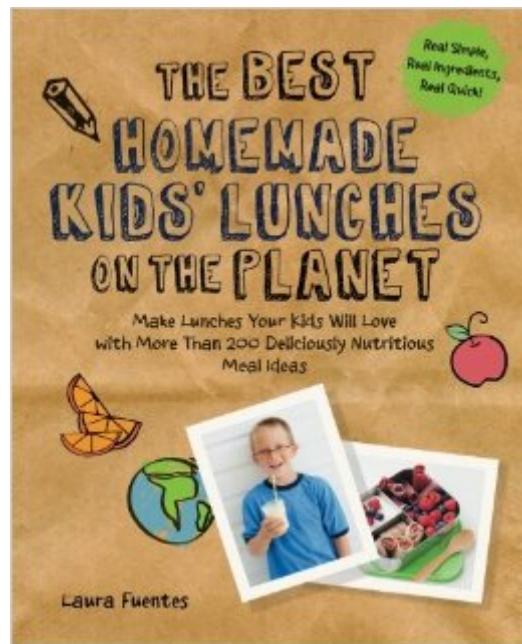


The book was found

The Best Homemade Kids' Lunches On The Planet: Make Lunches Your Kids Will Love With More Than 200 Deliciously Nutritious Meal Ideas



Synopsis

The 200+ complete lunchbox recipes in this book are adorable and inspiring, and just as much a joy to make as they are to eat!

Book Information

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Customer Reviews

I have to say this is quite possibly one of the best collections of lunch ideas I have seen. I pack lunches for 2 of my four kids. Of course, these are my two pickiest. One is 17 and the other is 10. I have very few ideas of my own that they will eat. The 17yo is getting easier but I still have been at a loss on variety. The 10yo wants more variety, but when I ask, he wants things that he only wants hot and won't pack well when hot (like fish sticks - bleck!) because they will get mushy. In most cookbooks or collections of meal ideas, I'm lucky if I like 10% of the recipes. I don't branch off the norm too well myself, but much more open than these two kids. I would estimate that I find a good 75% or more recipes in this book that I would like, and I think these two kids would like many of them as well. There are several recipes for breakfast on the go, cold lunches, hot lunches, leftovers lunches, smoothies, and snacks on the go. There is a good variety of ingredients. Several also have notes for prep, serving suggestions, and ingredient substitutions. The recipes are excellent for those who want to use all organic ingredients, and for those like me who have very limited options in the area where I live. There are also recipes to make a healthier, homemade version of the processed stuff, such as chocolate syrup. A few weekly meal plans are included at the end to use as an example. And one of the things I absolutely love is the chart at the end. It lists all of the recipes, has blank stars to rate how well you like it, a box to indicate any notes regarding the recipe (such as

ingredient substitutions, who likes the recipe, etc.) and a place to mark if you wish to make this recipe again. There is also a section at the beginning on ideas for packing lunches.

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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