



5-Minute Lunchbox: The Busy Family's Guide to Packing Deliciously Simple, Kid-Approved Healthy Lunches.

By Kimberly A Young

Healthy Little Cooks, LLC, United States, 2014. Paperback. Book Condition: New. 252 x 202 mm. Language: English . Brand New Book ***** Print on Demand *****.*** Break Your Kids (and Your) Fast Food Addiction in 5 Minutes a Day Excellent book that helps kids and parents eat healthy together. 5-Minute Lunchbox changes the lunch packing experience by equipping parents with the tools they need to pack healthy lunches and other meals in 5 minutes or less. Readers will learn how to overcome the 8 common pitfalls of lunch-packing that lead to a chronically unhealthy lunch. 5-Minute Lunchbox contains over 25 easy recipes that are transformed into a 5-week meal plan packed full of shopping lists, preparation guides, helpful tips for picky eaters and recommendations for nutrition-conscious families. Each lunchbox meal contains ingredient substitutions for vegan and vegetarian diets and for individuals with nut, tree nut and dairy allergies. Readers of 5-Minute Lunchbox walk away with an organized plan on how to become healthier food advocates for themselves and their children. BOOK REVIEWS Like most working mothers I struggle with finding the time to cook healthy meals for my family. I have never come across kid friendly recipes that are healthy...



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Reviews

Comprehensive manual! Its such a excellent read through. I have read and i also am confident that i am going to gonna study once more once again in the future. Your life period will be change when you total looking over this ebook.

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