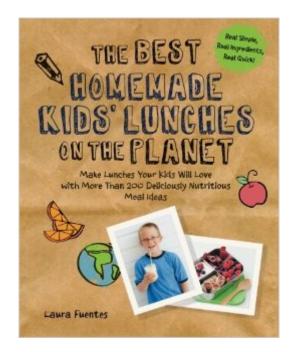
The book was found

# 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**

Paperback: 240 pages Publisher: Fair Winds Press (July 15, 2014) Language: English ISBN-10: 1592336086 ISBN-13: 978-1592336081 Product Dimensions: 7.6 x 1 x 9.4 inches Shipping Weight: 1.6 pounds (View shipping rates and policies) Average Customer Review: 4.6 out of 5 stars Â See all reviews (173 customer reviews) Best Sellers Rank: #8,561 in Books (See Top 100 in Books) #2 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Brunch & Tea #26 in Books > Health, Fitness & Dieting > Children's Health #63 in Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

#### **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 Kidsâ <sup>™</sup> 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 â " 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 Kidsâ ™ Lunches on the Planet is divided into seven chapters, along with a feedback chart to record your familyâ ™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 â " Tips for keeping food fresh and in great condition until mealtime, budget friendly shopping, stocking upGet Out the Door: Breakfast to Go â " 11 Awesome Portable Morning Meals from Perfect Pancakes to Breakfast BurritosFill the Box: Sandwiches and More â "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 â " unless of course you find a family favorite and want to have it again and again. Add Some Fun: Interactive Lunches for Picky Eaters â "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, youâ <sup>™</sup>re sure to find something that will tempt even the fussiest eaters.

#### Download to continue reading...

The Best Homemade Kids' Lunches on the Planet: Make Lunches Your Kids Will Love with More Than 200 Deliciously Nutritious Meal Ideas The Best Homemade Kids' Snacks on the Planet: More than 200 Healthy Homemade Snacks You and Your Kids Will Love Brown Bag Lunches for Kids: Healthy and High-Nutrition Lunch Recipes for Kids' School Lunches (Healthy Meals & Lunch Recipes) Microwave Cookbook: 40 Delicious, Healthy and Easy to Make Meal Recipes for Busy People (Quick and Easy Microwave Meal Recipes) Deliciously Ella Every Day: Quick and Easy Recipes for Gluten-Free Snacks, Packed Lunches, and Simple Meals Lonely Planet Atlas de Un Mundo Fascinante 1 ES (Kids Amazing World Atlas) (Lonely Planet Junior / Lonely Planet Kids) (Spanish Edition) The Homemade Flour Cookbook: The Home Cook's Guide to Milling Nutritious Flours and Creating Delicious Recipes with Every Grain, Legume, Nut, and Seed from A-Z Dinner PAWsible: A Cookbook of Nutritious, Homemade Meals for Cats and Dogs Rachael Ray 365: No Repeats--A Year of Deliciously Different Dinners (A 30-Minute Meal Cookbook) Lonely Planet the Gambia & Senegal (Lonely Planet the Gambia and Senegal, 1st ed) (Lonely Planet the Big Trip: Your Ultimate Guide to Gap Years & Overseas Adventures) Homemade Pasta Dough: How to make pasta dough for the best pasta dough recipe including pasta dough for ravioli and other fresh pasta dough recipe ideas Ice Cream Adventures: More Than 100 Deliciously Different Recipes Weelicious Lunches: Think Outside the Lunch Box with More Than 160 Happier Meals American Heart Association Quick & Easy Cookbook, 2nd Edition: More Than 200 Healthy Recipes You Can Make in Minutes Feed Your Best Friend Better: Easy, Nutritious Meals and Treats for Dogs Meatless: More Than 200 of the Very Best Vegetarian Recipes The Greek Yogurt Kitchen: More Than 130 Delicious, Healthy Recipes for Every Meal of the Day The Art of the Burger: More Than 50 Recipes to Elevate America's Favorite Meal to Perfection Trophy Cupcakes and Parties!: Deliciously Fun Party Ideas and Recipes from Seattle's Prize-Winning Cupcake Bakery Homemade Sweet and Savory Pies: Traditional Recipes Plus Low Carb, Ketogenic, Paleo, Vegetarian Pies and All You Need to Know about Baking (Low Carb Desserts & Homemade Pies)

<u>Dmca</u>