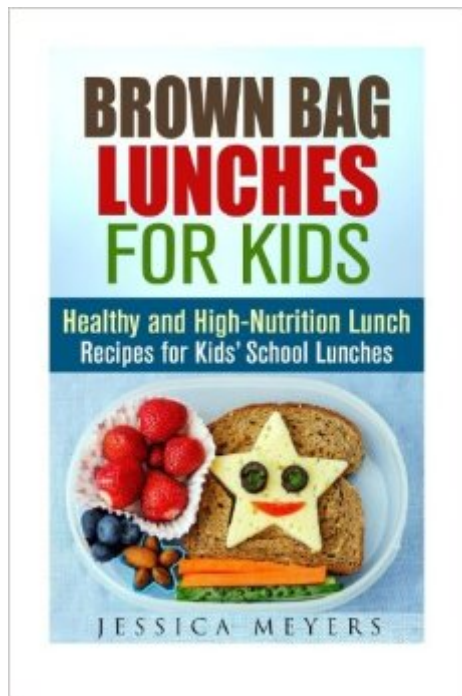


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# Brown Bag Lunches For Kids: Healthy And High-Nutrition Lunch Recipes For Kids' School Lunches (Healthy Meals & Lunch Recipes)



## Synopsis

Are you tired of seeing all the nasty food that your child has to eat at school? Does the idea of trying to figure out whether the meal is healthy or not giving you a headache? Instead of dealing with all these issues, why not make some of your own brown bag lunches at home. Many parents have started to make their own healthy brown bag lunches at home for their children. These allow them to have flexibility in creating a delicious lunch their child will love that also has a lot of great nutrients. This guidebook is going to help you to get started with this whole process by showing you how simple and easy making these brown bag lunches are. In this guidebook, you are going to learn all of the recipes you need to know in order to make a healthy lunch for your child. Some of the things you will find in this guidebook about brown bag lunches include:

- The benefits of packing a healthy school lunch
- The basics of a healthy school lunch
- Recipes for the main meal
- Some side dishes to fill your child up
- Desserts to add some treats to the day

This is the only guidebook you need to learn all about making healthy brown bag lunches. Take a look through some of the tasty recipes and find out why this is such an easy and great idea to keep your kids full and satisfied.

## Book Information

Series: Healthy Meals & Lunch Recipes

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## Customer Reviews

While every recipe looks delicious and is nutritious, I don't know if some of the baked recipes would be appealing after cooling, and sitting in the child's lunch bag for several hours. Some would get cold and soggy, but these recipes would be great for weekend and summer lunches, when the kids

are home. I liked that this book included homemade snacks to add to the lunchbox, besides just the "main" course. The recipes are nutritionally balanced, and include all the food groups. Disclosure: I received this product for free in exchange for my honest and unbiased review"

I do not understand why you give a kid a grilled cheese sandwich when he can't keep it warm until lunchtime. Personally, I would not eat one cold! There are a number of things like this. If they are meant to be lunches for kids that are home schooled that is fine, but taking something that should be kept cold to school and hoping it is safe to eat at lunchtime is not something I am prepared to do. My kids are not guinea pigs. There are also some good ideas. I do not mind the included peanut/nut things because my kids do not have allergies. Disclosure: I received this product at a discount or free in exchange for an honest and unbiased review of the product based upon my own personal experience. I have not been coached or asked to provide positive feedback, nor have I received any compensation or incentive from the company for this review. I am disclosing this in accordance with the Federal Trade Commission 16 CFR part 255 "guides concerning the use of endorsements and testimonials in advertising". I am not affiliated with this company or any of their products in any way. The views expressed here are my own, based on my personal use and experience with the product, and are unbiased and honest reviews. Any feedback, positive or negative, regarding this product is based on my personal experience with the product. I treat each product review as though I paid full price for it. I rely heavily on product reviews when deciding to purchase an item from a particular manufacturer or company.

Like many parents out there, even I was concerned about my kids diet. So I was looking for some good recipes to make brown bag lunch for my kids. This book offers pretty healthy and tasty recipes. To make sure that my children like them, I started experimenting these recipes during the weekends. They really seem to love them.

Nicely laid with good nutritional information, the author makes a great case for making your kids' lunches with some great sounding recipes. Plus these recipes, besides being nutritious, look like they would have great kid appeal as well. This is an important aspect to insure that the lunch gets eaten. But these recipes do sound quite good, with basic and simple food, the kind that kids basically should love, no need to tell them it's also good for them. If you need some new ideas for your "brown bag" lunches, I would suggest you try this cookbook. I was given a free pdf for my review.

This book disappointed me. First, with so much being said now about nut and peanut allergies, there are several recipes with nut or peanut items in them. Since this is a book about brown bag lunches for kids, I also expected information on how to pack each recipe and suggestions on how to keep the food hot/cold till serving time. I don't think the recipes are very unique either, such as tuna salad. If you bring grilled cheese to school, how do you keep it warm till serving time and what do you store it in?Disclaimer: I received this book for free for my honest and unbiased opinion.

Good ideas when you want to do something different for lunch. I found a few incomplete instructions, but you can figure out what is needed. Disclosure: I received this product for free in exchange for my honest and unbiased review

Lots of great ideas to include in your child's lunch box for the start of the new school year! I received this book in exchange for my honest review

This was a good book for school lunches for kids with lots of healthy choices in each category. There were plenty of items kids could help make too.

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