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RECIPES FOR SCHOOL LUNCHES KIDS
WILL LOVE BY KATIE SULLIVAN
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BEST LUNCH BOX EVER: IDEAS AND RECIPES FOR SCHOOL LUNCHESES KIDS WILL LOVE BY KATIE SULLIVAN MORFORD PDF

Best Lunch Box Ever is full of recipes, ideas, and strategies for packing creative and healthful lunches for kids, solving what is for many parents the most taxing of daily chores. Kids will love the scrumptiousness, while busy moms and dads will appreciate the quick and simple solutions for wholesome, balanced meals developed by Katie Sullivan Morford, a registered dietician and mother of three. The 65 recipes are easy, delicious, and—best of all—packed with nutrients for well-rounded lunches and snacks, including Deconstructed Caprese Skewers, Easy Cheesy Thermos Beans, Pesto Pita Pizza, Cinnamon Wonton Crisps, Parmesan Kale Chips, Crispy Applewiches, and more.

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Features

- Best Lunch Box Ever Ideas and Recipes for School Lunches Kids Will Love

Most helpful customer reviews

24 of 26 people found the following review helpful.

Fantastic Resource -- And Not Just for Lunch

By A Reader in San Francisco

I got this book because my kids were sick of yogurts in their lunches. ("Mom, where's my main course?") This book is a terrific resource for busy parents who want to give their kids healthy yet tasty lunches -- on the double. I've made several of the recipes so far and it's even inspired me to create some of my own. (Today, my kids got a whole wheat lavash-pear-spinach-cream cheese roll up, in the spirit of this book.) I've used several of the recipes for dinners too. Highly recommend!

2 of 2 people found the following review helpful.

Creative, simple lunch ideas

By MI Book Shopper

I really like this book. My daughter is not school age yet, but I was finding myself in a rut with the lunches I'd prepare for us at home every day. One can only eat so many PB&J's. We try to eat a balanced, mostly whole food diet, so I appreciate the fact that this book contains mostly very healthy food. Sometimes it's way too easy to fall into the packaged food trap - this book is helping me try a little harder

2 of 2 people found the following review helpful.

Best Indeed

By Adrienne

If I were a nutritionist and food writer, this is the book I would have written! But I am a very busy working mom and luckily for me, I've got Katie Morford's book. The ideas and recipes are very healthy, delicious, and super easy. Mostly ingredients I already stock, but in combinations I might not have thought of. Perfect for lunches and actually, quick dinners too. When I am tired and lacking creativity, this book makes my family's life easier. Thank you Katie! BEST lunch box EVER.

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