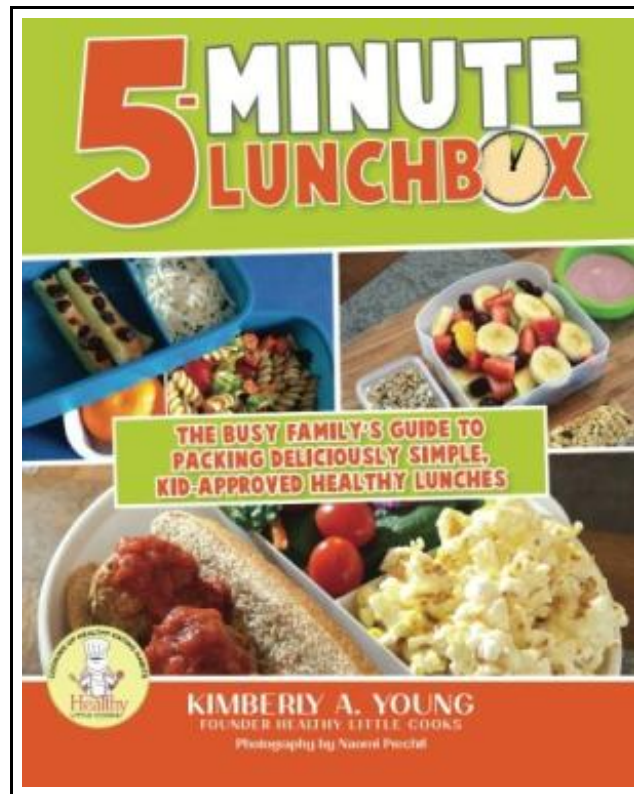


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

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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 and actually takes 5 minutes! This book is rare and a must have for everyone. --June Evans, Administrator in Higher Education, Mother of two, and PTA President Finally, a cookbook with real alternative/substitutions for kids with allergies! Quick, simple and creative ideas for meals that I know my daughter can make herself, like the Fruit Kabobs. They are a hit in our home. The ingredients list at the beginning of each week helps me prepare what items I need to shop for and this is a REAL timesaver! --Devona Perrineau, Mom, Master Esthetician and Owner of Melts Like Butter This...

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