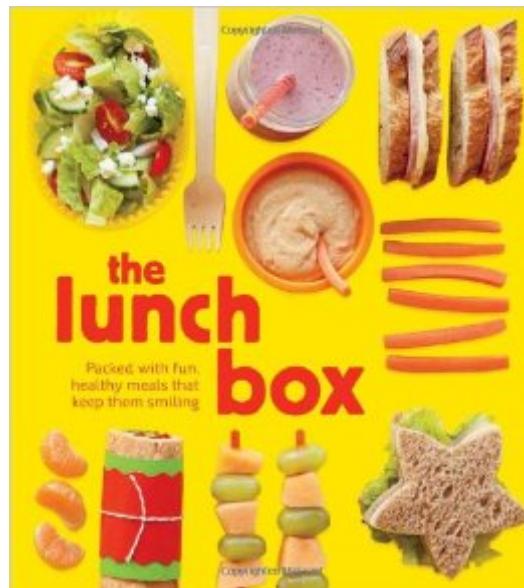


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# The Lunch Box: Packed With Fun, Healthy Meals That Keep Them Smiling



## **Synopsis**

Jam packed with clever ideas and easy recipes for delicious, healthy, kid-friendly packable meals, this solution-driven cookbook is the perfect book for busy parents looking for lunchtime inspirations. From yummy recipes that make use of common ingredients, to clever ideas for packing lunches that will appeal to kids, *Lunch Box* is packed with inspiration. This go-to primer covers all the basics—“recipes for sandwiches, healthy snacks, and more”—and offers tried-and-true strategies from a chef-caterer mother of three. Learn how to make an easy and delicious lunch from in-the-fridge staples and leftovers; how to accommodate allergies; and how to make every lunch box a fun delight for kids. Colorful photography throughout provides visual inspiration. Stuck in a rut? Got a picky eater in your house? This book offers ideas and strategies that will inspire you to step up your lunch-packing game, from irresistible wraps and playful sandwiches, to salads kids will actually eat, to versatile snacks that satisfy the fussiest palates and much more!

## **Book Information**

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## **Customer Reviews**

I would say the best part about this book is the photographs. They do make the food look enticing. But, I think that the ingredient combinations are unrealistic for a not too picky child. (Let alone if yours would be considered picky.) Of course, you can adjust the ingredients to the child, but you might then be left with a weird or bland combination. Also, it ultimately cuts down on the number of items that you can actually use from the book. Some of the "picky" substitutions seem to be more on the picky no-no list than the thing they are replacing (lettuce) (e.g., a salad made with oranges, celery and white vinegar). I wonder if the author was working from her own children's "off limits" list.

For instance, tomatoes, cucumber, mayonnaise, mustard are used frequently. These are more off limits in my house than lettuce. Also, the author suggests combinations that look yummy when prepared, but may not stand up to the rigors of a lunchbox. For instance, sliced bananas and sliced apples. She doesn't address the extra preparation that might be involved (i.e., for apples) to make the cool open face sandwich not look nasty by noon. And, I am not even sure there is anything you can do for sliced bananas to keep them fresh. I wonder if she tested the recipes to see if they would be appealing 4-5 hours later. All in all, it amounts to a cookbook that I won't be able to use much from. I was looking for something that would have mostly kid staples with a little bit that pushes the envelope to make me say "Aha! I hadn't thought of that before." But, mostly, I found myself saying, "That looks good for my lunch, but S wouldn't eat it.

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