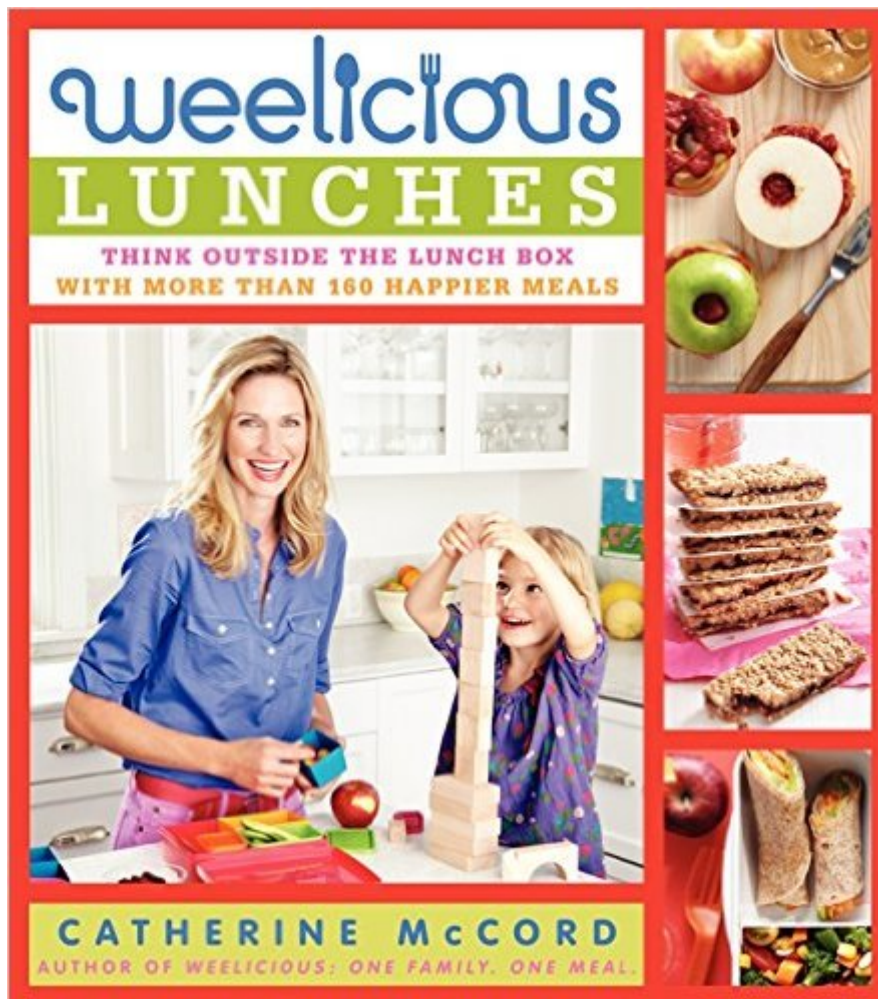


The book was found

# Weelicious Lunches: Think Outside The Lunch Box With More Than 160 Happier Meals



## Synopsis

Easy, healthy, and fun lunch ideas for every age! Once kids walk out the door for school, all bets are off. Will your son toss the nutritious food you've included and jump right to the treats? Will your daughter trade her sandwich for her best friend's prepackaged meal? Determined to improve what kids eat both at school and on the go, weelicious.com founder Catherine McCord offers innovative solutions for quick, delicious, easy-to-make, kid-friendly lunch box meals that little ones and their older siblings won't be tempted to swap, including: Chicken Satay Bites PB&J Pancake Sandwiches Pumpernickel Tuna Melt Chicken Salad Roll Ups Chopped Veggie Salad Tomato Soup with Grilled Cheese Croutons Carrot Hummus Cinnamon Pita Chips Chocolate Graham Crackers Nature Cookies Cinnamon Roll "Sushi" Sandwiches Filled with lots of great menu planning ideas; tips, tricks, and reusable product suggestions to make lunch fun; inspiring color photographs, advice on dealing with food allergies and so-called picky eaters; and more than 160 tried and true recipes, *Weelicious Lunches* takes lunchtime planning from hassle to joy!

## Book Information

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Average Customer Review: 4.5 out of 5 stars Â See all reviews Â (112 customer reviews)

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## Customer Reviews

**The Pros:** It's a gorgeous book. Lots of photos, lovely to look at. There are many helpful tips on packing lunches. The recipes are all fairly easy and are well written. The food is tasty! **The Cons:** A lot of the sandwich ideas are for grilled sandwiches, which honestly don't pack well in my opinion. Melted cheese resolidifies and crispy exteriors get soggy. Your kids may not care about that, though. Mine, unfortunately for me, do. The advice can seem a bit overwhelming; making all that stuff for lunches every day is a LOT of work. And yes, making extra and freezing it is a GREAT idea.

IF you have a much bigger freezer than I do. Overall, it's a great book, and I'd recommend it to those who are looking for new ideas, or those who are just starting to pack lunches for (or better yet WITH their kids.) Those who have been doing it for a while might not get quite as much out of it, but it does contain some solid advice and some great recipes.

I thought I would know everything included in this book -- I was wrong! This has some really wonderful, inspirational ideas that are easy to implement so I can give my kids a healthy, fun lunch every single day without having to stress about it. Other books I have about kids lunches that I use all the time are: Kids Lunch Boxes: 101 Tasty, Fresh, Fun and Healthy School Lunch Box Ideas and Recipes Your Kids Will Love To Eat! and The Lunch Box: Packed with Fun, Healthy Meals that Keep them Smiling

I love the Weelicious blog and was really hoping for some lunchbox inspiration - especially with vegetables. While there are some good lunch ideas in this book, they definitely are not things to put in the lunchbox. Lots of wheat and dairy, in the form of melted cheese sandwiches - which don't pack well for sure. And the veggie section has a whopping 7 recipes, including one for roasted carrots. Seriously?

Every lunch we have made out of this book has been a hit - this is my second Catherine McCord book & not only does it have great, easy & deliciously healthy recipes - but acts as a springboard of creativity for future meals! Our household is a huge fan of healthy eating!!

This has very creative, fun food ideas! A lot of the recipes are still too "advanced" for my super picky eater, but I love the nutritional, healthy focused meals and the presentations are always cute! I'm now hooked on Bento boxes and every time I pack lunch for my pre-schooler, I glance through this for ideas to persuade him to eat more! Love it!

Some good ideas hidden amongst some variations on a theme. As other reviewers have said, cheese features prominently. Grilled sandwiches just don't travel well to school, no matter how beautiful the bento box you send them in. The recipes fall short, out of 3 baked recipes only one came out as expected. The brownie recipe was a dismal failure, didn't rise at all, just a load of cooked goo in a pan. The nature cookies were okay. The whole grain fruit filled bars tasted nice, but no way did they fill a 9 x 13" dish, more like 8 x 10. Why aren't the recipes tested more? That's what

I expect if I buy a recipe book, that the work and testing is done for me. This book is not the fail-safe it should be.

My kids are excited about lunch again! They tell me that their friends enjoy seeing what they have, too. We've been making our own snacks together, and my kids love that there aren't yucky chemicals in ours.

I have purchased both books of the author. The first one was the kindle edition and this one was the hard cover. I wasn't too impressed with the first one because I am a person that LOVES a lot of pictures with recipes.. the more the better. I was hoping (knowing that she posts so many pictures on facebook about the lunchboxes) that this book would contain lots of pictures. But I was greatly disappointed. I will still try out the recipes and the sushi bread roll is a big HIT with my daughter. But still wished there were more pictures. If you are like me I would recommend "Beating the lunch box blues" by J.M. Hirsch! I am absolutely in love with that one! tons of pictures and creative ideas!

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