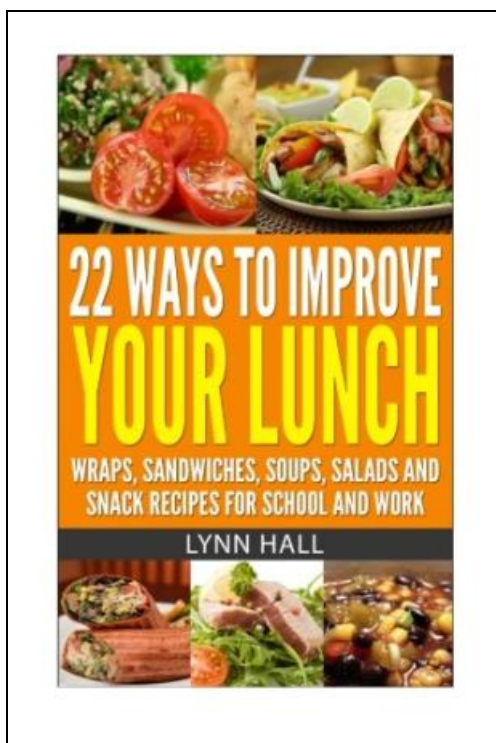


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Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This cookbook offers recipes of every variety and flavor to motivate you to not only want to pack your lunch, but look forward to opening the lunch box at break time. While this is not a cookbook that follows any certain diet trend or fad health craze, I am focused on health and wellness through fueling the body correctly. You will find recipes that offer whole wheat, as well as gluten-free options. You will see lots of vegetables and delicious treats we love without all the fattening calories and added preservatives. You will find some Paleo-esque recipes as well as some vegetarian, meat-lovers, and comfort food fixes. There is a recipe or two for every person whether headed to school or work. Inside you will find snacks, sandwiches, soups, salads, wraps, and more. Note your favorites, but try them all! Each one has nutritional information and serving sizes for your convenience as planning ahead is a great way to do lunches so that you aren't rushed early in the morning.



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