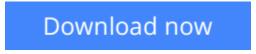


Lunch Box Recipes: Healthy Lunchbox Recipes for Kids. A Common Sense Guide & Gluten Free Paleo Lunch Box Cookbook for School & Work (Paleo Recipes: Paleo ... Lunch, Dinner & Desserts Recipe Book 11)

Jane Burton



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Lunch Box Recipes:

With over 90 illustrated allergy free, healthy lunchbox recipe ideas, this book will have your kids eating and enjoying their lunches each and every day! Some are super quick and easy, while others are the perfect make ahead lunchbox meal. It also gives a complete common sense guide to planning, preparing and packing nutritious lunches with loads of helpful tips and information. We lead busy lives, so getting the school lunch box organized is going to save time and give us happy kids!

The recipes VARY. NOT ALL recipes are Paleo, not ALL Dairy or Gluten Free.

Allergies are a problem for many children, so that will be discussed too. As a bestselling Paleo author, many of the recipes are based on using natural foods and drinks that are tasty and very appealing to the kids. Gluten and dairy free recipe options are throughout the book. Paleo lunch box recipes are popular because they follow allergy free guidelines. Substitute options for traditional foods such as flour, milk, nuts and eggs are all discussed.

We know that food is vital to our health and our children's mental and physical well-being. Too few children are enthusiastic about eating healthy foods when it comes to the school lunchbox. However, This will help our children maintain their metabolism, and their energy levels, hence being able to concentrate and have more fun during the day. My "stealth method" is revealed and works wonders in many of the lunch box recipes!

During the rapid growth period from about the age is of 5 to 12, we need to support children's growth, especially with calcium, iron and protein. So encouraging good eating habits early on can have a significant beneficial effect on their general health and overall ability to cope with the mental and physical challenges they will be faced with throughout their teenage years.

Unfortunately, way too often the lunch box can be filled with high sugar, high fat and high salt foods because they are preferred by the kids and they are quick and easy. Of course, sometimes peer pressure comes into play, which makes it even more difficult to encourage your child to eat good foods. A lunchbox with a plain cheese sandwich and an apple just aren't going to do the job day after day, so let's look at some other alternatives. Balance and nutrition is very important. Try to offer a variety of foods and change them up regularly

Be sure your child's nutrients are being met in their lunchbox, while adding things they like. Just think natural, interesting, nutritious and variety. I hope you find my lunch box cookbook and school lunch guide enjoyable. Here's a snap shot:

The Nutritional Lunchbox Food Preparation and Other Tips My Secret Nutrition Weapon Lunch Box Recipe Tips The Healthy Stealthy Method Lunchbox Planning for Busy Moms & Dads Packing the Lunchbox Foods for Better Health Stealth Bomber Superfood List Food Allergies Allergy Free Substitutes for Recipes Rolled Oats & Honey Smoothie Cold Buster Citrus Juice Pineapple and Orange Smoothie Salami & Chick Pea Super Salad Lentil & Avocado Salad Green Monster Smoothie Cups Chicken and Green Grape Salad Ham Roly Polys Plum Juice Tummy Tonic Lunchbox Chicken Nuggets Apple Chips Peanut Butter Banana Smoothie Bologna Sausage Wraps Avocado and Egg Salad Asian Chicken Lettuce Wrap Chicken Egg Family Yummy Pork Patties Easy Quinoa Confetti Ants On a Log Berry La Di Da Fruit Salad Apple Cider Coleslaw Quick Quinoa Salad Asparagus, Tomato and Rocket Salad Coconut Cream Dip Tahini Hummus Easy Guacamole Dip Apple Pie Balls Chocolate & Apricot Bon Bons Carousel Caramel Dip Sweet Chili Dip Cucumber Dip On The Go Snack Pack Gluten Free Corn Dog Muffins Gluten Free Granola ?Mini Mediterranean Tarts Carrot and Apple Muffins **Gluten Free Brownies** Nutty Banana Muffins

Chocolate Zucchini Bar Date Carob Truffles Homemade Ketchup Little Lunchbox Meatballs Tasty Raisin Meatballs Perfect Pumpkin Pie O

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Raymond Llamas:

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Beth Johnson:

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