

The Lunchbox Book

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Reviews

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THE LUNCHBOX BOOK



Dorling Kindersley Ltd. Hardback. Book Condition: new. BRAND NEW, The Lunchbox Book, Katerina Dimitriadis, Are you bored of pre-packed sandwiches and soggy salads? Reclaim your lunch hour as The Lunchbox Book shows you how to liven up your lunch box. With more than 100 easy, healthy and varied lunch ideas from around the world such as Mexican Schnitzel Burritos, Layered Orzo Salad and Peanut Butter and Jelly Muffins, you can change the way you think about your packed lunch. The clever weekly lunch planners will help you save time, save money and reduce food waste. It includes vegetarian options plus fun ideas for communal office lunches, sweet treats, grab-and-go breakfasts, seasonal recipes, using up leftovers and more. With advice on preparation, storing, transportation and time-saving make-ahead ideas, The Lunchbox Book will ensure your lunch is truly grab-and-go.

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