



Paleo Lunch Box Recipes: 50 Recipes for Making a Wholesome Yummylicious Lunchbox

M.T Susan

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What You Will Find In This Book? Life has become unimaginably busy these days. Think how many times you missed breakfast last week. And if we talk about kids, they are usually so sleepy in the morning that they puke just by the thought of eating breakfast. This is where why you, especially your kid needs to have a healthy hearty lunch. You might order a salad or sandwich, and give money to your kids to buy lunch for them, but this is definitely not a healthy approach. So how about making a complete wholesome lunchbox for you and your kid; it is not that difficult after all. This cookbook will help you in doing that. The “50 Paleo Lunch Box Recipes” contains the following. 1. Paleo lunch time recipes for kids and adults. 2. Recipes for Paleo dressings and dips to compliment the lunch box meals. 3. Paleo recipes for lunch time appetizers. 4. Paleo recipes for main course lunch meals. 5. Paleo desert recipes to complete the lunch box. 6. Nutritional facts along with every recipe. Pick a recipe from every section and make your own healthy wholesome lunchbox.

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