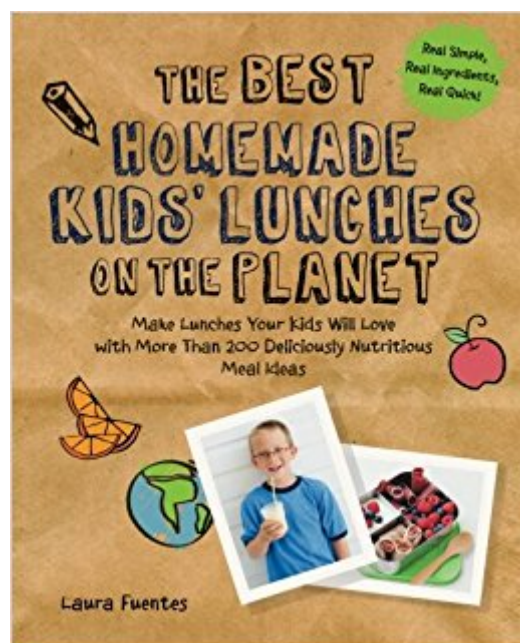




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# The Best Homemade Kids' Lunches On The Planet: Make Lunches Your Kids Will Love With More Than 200 Deliciously Nutritious Meal Ideas (Best On The Planet)



## Synopsis

We all know that kids need to eat right and get the nutrition they need to be their best all day long. So why not make lunches that will power their growing brains and bodies? Making lunches at home is a great way to keep your child healthy. Not only does it allow you to nourish your child with the most pure and wholesome ingredients, but it also gives you the peace of mind of knowing what has gone into every bite your little one takes. Full of recipes to suit every age and stage, *The Best Homemade Kids' Lunches on the Planet* shows you how simple and easy it is to prepare food that'll be the envy of the lunch table. The 200+ adorable and inspiring recipes in this book are just as much a joy to make as they are to eat! There are even entire lunchbox meals that are gluten-, soy-, and/or nut-free. Make your own super-delicious, super-nutritious homemade lunches today--it's guaranteed to be at the top of the class!

## Book Information

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## Customer Reviews

"If you want to be sure to avoid a lunchbox rut, then this book is all the inspiration you'll need. I can't believe how creative Laura is with these recipes and ideas!" - Lisa Leake, author of *100 Days of Real Food*

Laura Fuentes is the founder and CEO of MOMables.com., where she helps thousands of parents every day make meals and snacks their kids will love. She is the author of *The Best Homemade Kids' Lunches on the Planet*, *The Best Homemade Kids' Snacks on the Planet*,

andÂ The Best Grain-Free Family Meals on the Planet.Â Laura is a speaker, recipe developer, and lover of all things mom. She partners with major real food brands to promote healthy school lunches, reduce childhood obesity, and teach healthy family eating. In her personal blog, Laura writes about motherhood, good family food, managing deadlines, and keeping her cool, even when her kids super-glued her hair. Visit her at [www.LauraFuentes.com](http://www.LauraFuentes.com) and [www.momables.com](http://www.momables.com).

Laura Fuentes takes the hum drum out of school lunches with this book. There are no strange ingredients that you can't find at the grocery store. You don't have to have all those expensive kitchen tools and feel guilty if you don't cut your sandwiches into cute stars or anything. Using these recipes, lunch can be fun AND easy! Everything is laid out in a clear, concise manner. There is a little intro telling you where the idea for each recipe originated, giving them a personal touch that I find appealing. At the end of the book, I was surprised to find a chart with the recipe names and a place for kids to rate each one. Pure. Genius. Now I can easily see which ones were favorites and we can mark whether we want to make it again or not. Getting the kids involved in planning lunches is SO KEY. I am a homeschooling mom of 3, and I would get to a point in the day where I would stare at the refrigerator and say "what am I going to give these kids for lunch?!?!?" I sort of stumbled across Laura's MOMables website and found all these fun and easy snack recipes that I tried for my children. I signed up for her weekly lunch menu plan, and got really excited as easy recipes started flowing in that made my children squeal with delight. Buying this book was the natural next step. I also like that recipes are easy to tweak for your own preferences or allergy needs. We need gluten free and dairy free options, and I'm so glad to not be wondering "will this really work with gluten free bread?" There are a lot of cookbooks out there, and a lot of them wind up making me feel inadequate and disappointed. I find this particular book empowering, making me feel like "hey! I think I could actually make this work!" You can be sure I will be recommending this book to every mom I know.

My entire family loves this book! It's not just about kids' lunch ideas. We're all benefiting! Clever, fun, quick, affordable ideas for breakfast, lunch, snacks, desserts and more! Absolute favorites include the Blueberry Bread, Hummus Monsters, the Dumplings Lunch and Greek Orzo Pasta Salad. Tonite we're having Baked Mozzarella sticks with our turkey burgers! When Fall comes I'm sure we'll be feasting on the Midweek Penne Bake and the White Bean Pumpkin Soup. Yumm! I love using the meal plans at the back to plan out a week's menu in one sitting.

I bought this book after checking it out at the library and deciding I HAD to own it. The photos are great, and I love that it is real food that real kids eat. It's not pretending that my kids eat all gourmet and "designer" things; it felt doable. But honestly, it wasn't until I signed up for the Momables site and service that I saw a way to implement the meals and ideas into our family routine. After my first week, though, I got it. I will blame it on the fact that I had just had a baby and my brain just wouldn't work :) It is so easy to pack lunch. No more PBJ everyday. I only had to buy a little thermos and some freezer jars for the smoothies (which my son LOVES). This book really did change our life on a real, everyday basis.

CANNOT WAIT to try the recipes within this book! I ordered this book as a gift for my sister-in-law and quickly realized that I too needed this book in my kitchen! I ordered myself a book as well and am very impressed with how easy the recipes appear to be. No crazy ingredients to search for in the grocery store...most of the items you can find within your pantry with the exception of the fresh fruits, and vegetables you will have to purchase. A most excellent purchase.

I should probably wait a few months before posting this review, but my 6 year old daughter and I pored over the pages when it arrived, and she was excited to try many of the dishes. So, that's enough for me for now. I also like the author's common-sense advice about basic ingredients to have on hand, and the pictures are great. It is mis-titled though, because it's about a lot more than lunches. She also has sections devoted to snack and breakfast ideas.

I LOVE this book! It is easy to read, from her writing style all the way down to the font - as a mom of two young children (ages 6 and 2) this kind of attention to detail is a godsend to tired eyes! The recipes are fantastic and my picky eater loves being involved in picking out our 'new lunch adventures' as we test our way through the recipes. Lots of fun and down to earth for those of us who don't have 8 hours per day to spend at the grocery and in the kitchen. Thank you, Laura!

This is a great resource with so many recipes. It's great to have access to so many lunch ideas that are kid-friendly and healthy!

This is not just kids stuff. These are wonderful, healthy and quick lunches for all of us. A few even made it to the fire house. Yes firemen eat healthy also. Great book, great pictures!

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rules of Meal Prepping and Recipes (Louis Laurent Cookbooks Book 3) Cooking that Counts: 1,200 to 1,500-Calorie Meal Plans to Lose Weight Deliciously

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