

Vegan Lunch Box

130 Amazing,
Animal-Free Lunches
Kids and Grown-Ups
Will Love!

Jennifer McCann, creator of the award-winning *Vegan Lunch Box* blog



"So many delicious options, it's not only perfect for kids but anyone who ever said lunch!"
— **ISA CHANDRA MOSKOWITZ**, author of *Veganomicon* and *Vegan with a Side of Plants*

Jennifer McCann

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All the quality recipes are organized into menus to help parents pack quick, nutritious, and irresistible vegan meals. If you believe vegan lunchtime means peanut butter and jelly day after day, think again! It offers handy allergen-free indexes identifying wheat-free of charge, gluten-free, soy-free, and nut-free dishes, and product recommendations that produce shopping a breeze. Quick and easy plant-structured recipes and menus -- with allergen information and allergen-free options -- for feeding content, healthy kids. Perfect for everyday and unique occasions, Vegan Lunch Container features strategies for feeding even probably the most finicky kids. Based on the wildly popular blog of the same name, Vegan Lunch Box provides an amazing selection of meat-free, egg-free of charge, and dairy-free foods and snacks.



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Basic and great! I received it very quickly and was surprised as I purchased it during the Christmas shopping period. My step daughters made a decision to be vegan because their mother did. ; I examined it out within my local library and thought it had some very nice lunchbox ideas. A clear favourite! I bought this publication out of my very own frustration learning what to plan them, and found this cookbook made my life so much less complicated and much much less frustrating. It offers several easy to come up with recipes that help cut down the soy intake generally in most vegan diet plans. I came across myself eating most of the meals, surprisingly. My only complaint, which I fresh beforehand, is that there are not more photos. Strongly suggested, vegan or not.. I have just browsed through the reserve so far. It's not bad. There are just a few pictures. While the recipes seem super simple with few substances, I don't feel they are explained well or hit the tag for a vegan beginner. However, as thrilled as I was to obtain it, I am extremely disappointed. It's a great idea. Not what I was longing for though. I have already been waiting to get this book for some time now.. Haha Waiting eagerly because of this. I will be working through this publication and live the lunch meal lists offered. I wrote them down in our school calendar and we will have no lunch repeats for 3 months. Wow! My kids Like the recipes. I actually loved reading Vegan Lunch time Box, as I have many cookbooks, but I also felt a special connection with the writer due to her great writing style. As a lousy make myself, I felt so motivated by reading her quality recipes, they seemed so simple, so straightforward, plus they were real food. I was just a little afraid to actually get one of these recipe, lest failing result and discouragement set in as had happened so often before with several other cookbooks. Well, I'm happy to create that my Vegan Lunch Box dishes were a success! Personally i think sorry for the Vegan that was killed to create this item. My hubby adored the autumn leaf tarts, although as a meat eater he said he would have liked a little bit of chicken in them. We also made the gingerbread cookies, so simple, therefore fun to create with kids, so healthful. I even could make the icing, another achievement. Although initially it appeared like a failure as the icing was all clumpy, I pressed on understanding that Jen McCann experienced timetested all the recipes, and the result was great icing! We even coloured it pink for valentines time, and there was so much dough that half is usually sitting in the freezer for another day (hope it freezes well). Therefore, to create a long story brief, I am thrilled with Vegan Lunch Box and have found it actually ideal for a non-vegan and beginner cook like me. The blog is great too. Girls spend half their period with me.-) Great quality recipes, not for picky eaters All great concepts but my picky eaters won't eat most of it. Recipes appear great and cutouts look fun. Four Stars This book is filled with lots of great ideas for school lunches. Best lunch cookbook Such great lunch ideas... Two Stars I actually was hoping to see many more photos. I found the diet confusing and limiting. I am not vegan. The quantity of meal ideas, and how simple it is to get ready them really helped a lot. I love my cookbooks to possess many photos, it simply makes them a lot more pleasant and attractive, especially when your on the run and just need to eyeball something you can make quickly. The dishes are more suited for me as adult I believe.. Not what I wished for mainly because a vegan beginner.will dsicover what my little one thinks. At least MY lunches are excellent! Works great with meat! If you are a meat eater it is possible to safely store your meats and/or animal protein items in this lunchbox without any fear of reprisal from the Vegan soul that has been enslaved in this lunchbox. It will taste just as good. Great item. My children asked for second and third helpings of the Almond Nice Potatoes and the Heart Beet Salad, amazing! Easy quality recipes! I am an all organic veggies, grass fed beef kinda female who wants to cook. Five Stars still reading it



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