

A Month of Fun and Healthy School Lunches



Plus 50
Healthy
Easy Recipes

Get Kids Excited
about Packing Lunch
and Create Meals
They'll Actually EAT

Bonus: 25
Kid-Friendly
After-School
Snack Ideas



By Samantha Donohue
and the experts of



and
BabyFit.com

Samantha Donohue and

A Month of Fun and Healthy School Lunches from SparkPeople: Get Kids
Excited about Packing Lunch and Create Meals They'll Actually Eat



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With " Written by a mom of three, with 50 easy and healthy recipes plus plenty of tips tested by real mothers in true to life, this e-book turns lunchtime into fun time!Want to get children off to a healthy start this school 12 months?PER MONTH of Fun and Healthy School Lunches from SparkPeople," you'll end the food fight and get children excited about packing lunch--with fun however simple meals they'll in fact eat. So does SparkPeople! Bonus: You'll also get 25 healthy, kid-friendly after-school snack suggestions!



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Lots of ideas I don't possess children in school but got this to give myself new concepts for lunch. just for kid's lunches! After packing for so long, lunch gets very boring for me. This book has given me some quick, delicious lunch foods. Every school mom need this! YOU WILL NEED THIS!. And the writer definately has first hands experience caring for a busy and healthful family on a budget. School age kids?! not. I wanted healthy easy lunchbox tips for my child, which book had quite a bit. I got a lot of ideas and I cannot wait to put into action them.. Great ideas! This book has so many great lunch ideas for everybody! helps to break out of the boring trap we all fall into:) A month of fun and healthful school lunches This book was ideal for figuring out what things to send in my granddaughters lunch box and in addition what to give her in the home! Simple book with good info I thought this publication was helpful. I am retired and loaded my lunch time for over 30 years. This book gives practical, economical, and creative resources to doctor up your family 's menu. I intend to use the recipes for far more than just my child 's lunches. Our picky eater loves many of the new and different things we tried out of this book.. Wow! she is my cooking muse! healthy school lunches from spark people: very good ideas to send healthful lunches to school for your children. I think this will help me to be able to make better meals for my children Great ideas Great ideas for well balanced meals to feed your munchkins.. Thanks for some fun new ideas. Creative tips that will make lunch time fun and healthy!



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