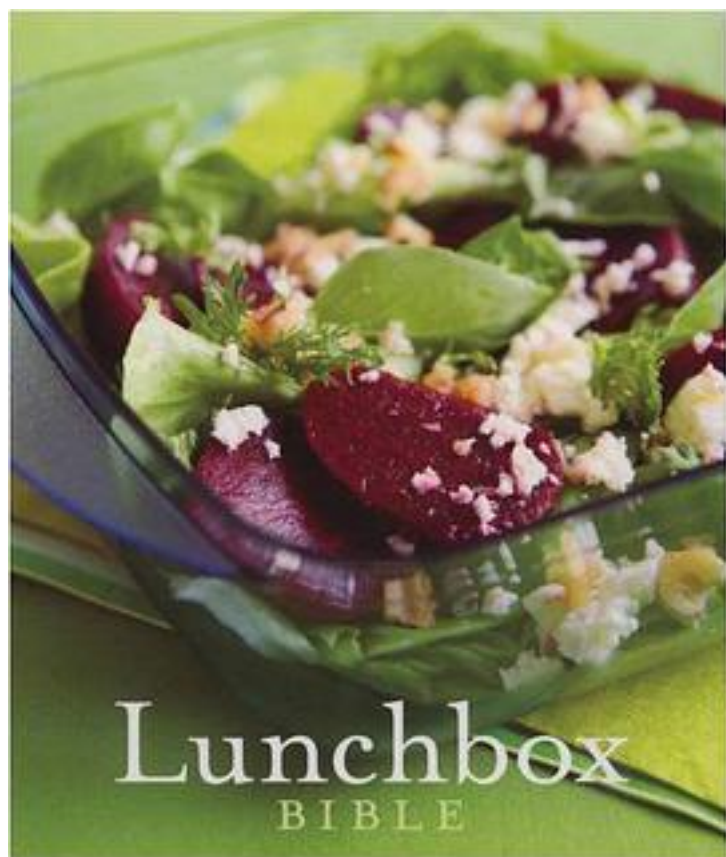


Lunchbox Bible



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Strange as it may seem, in the 21st century there are more reasons than ever to indulge in home-made lunches during the week - whether at school or at the office. The fact is that the average school tuckshop is a nutritional wasteland, which experts have linked to rising rates of obesity and diet-related disorders in children of the 'developed' world. The same can be said of the fast-food outlets that dot our streets and are the

lunch-place of choice for many adults. And even if you do have a state-of-the-art juice bar, bakery or sushi shop right next-door, the cost of buying lunch there every day can be alarming. So, "Lunchbox Bible" is the book every household needs. It has heaps of ideas for DIY lunches and snacks that look good, taste good and are good for you (and your wallet) too. And that's just the start - as well as recipes, it covers: shortcuts, such as preparing and storing food ahead; vegetarian specialties; funky smoothies; seasonal suggestions; kitchen and pantry standbys; and shopping checklists. There are even creative lunchbox uses for last night's leftovers. You'll find something here for every member of the household, every day of the week.

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