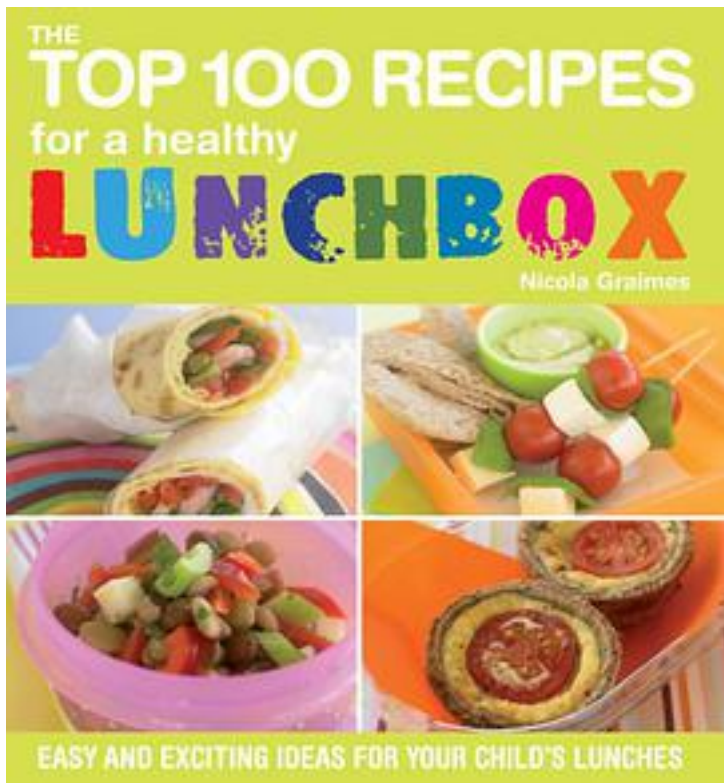


# The Top 100 Recipes for a Healthy Lunchbox



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出版者:

出版时间:

装帧:

isbn:9781844835072

Childhood obesity is quickly becoming epidemic, and one look into the average lunchbox shows why: high-salt, high-fat, and high-sugar convenience foods rule the day, setting kids on a dangerous path towards lifelong health problems. Changing these bad habits starts with making simple dietary adjustments. Designed to maintain kids' energy throughout the school day, these 100 immune system-boosting recipes include healthy sandwiches, soups, salads, and wraps--even delicious cookies, cakes, and other yummy desserts Each easy-to-follow recipe is accompanied by a wealth of

nutritional information, as well as clever tips for preparing multiple meals ahead of time, and time-saving food storage ideas. Some 100 color photographs show how the foods should be prepared, and give presentation ideas that will appeal to kids of all ages.

作者介绍:

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