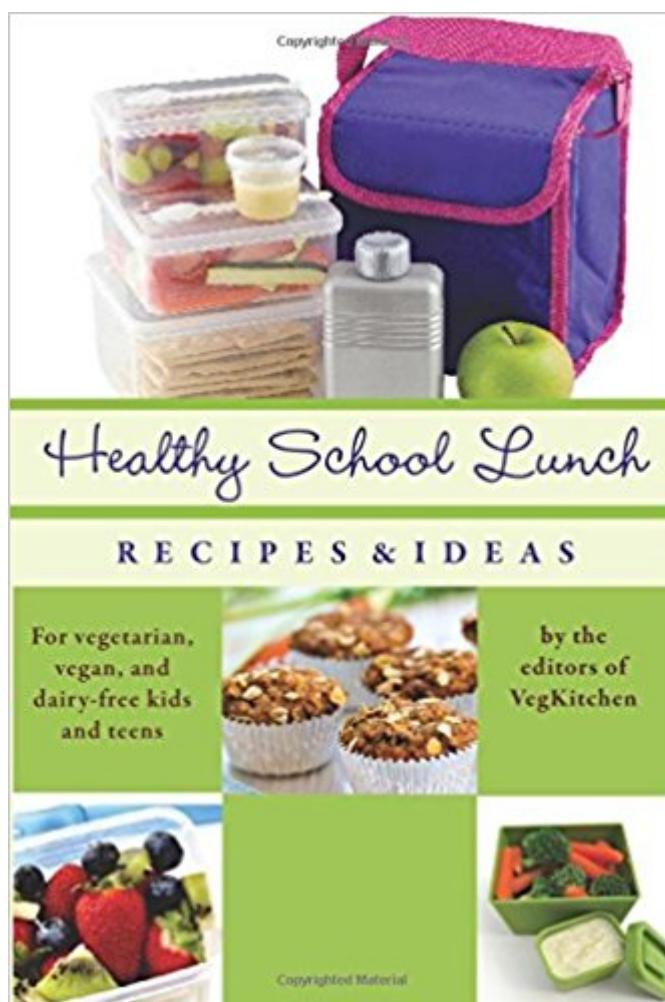


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# Healthy School Lunch: Recipes & Ideas For Vegetarian, Vegan, And Dairy-Free Kids And Teens (Best Of VegKitchen)



## Synopsis

This concise book's recipes and ideas (more than 50 in total) will make the task of making school lunch for kids and teens who are vegetarian or vegan a bit easier and even more fun. They'll also be useful for those following dairy-free diets due to allergy or intolerance. You'll find lots of tips and recipe-free ideas, as well as easy recipes for: sandwiches and wraps hot and cold container lunches dips that will make veggies more appealing muffins & bars Plus: Simple dinner main dishes that can become the next day's lunch, and lots of ideas for packing fruit that will ensure that it gets eaten! VegKitchen's school lunch articles and recipes are among the most visited on our site. We hope the ideas in this book will help you stay organized and motivated to make great lunches throughout your kids' school days!

## Book Information

Series: Best of VegKitchen (Book 2)

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## Customer Reviews

Jordan St. Clair-Jackson is a longtime contributor to VegKitchen, and enjoys writing about food, health, lifestyle, and culture.

This book was a disappointment. I didn't need "recipes" for sandwiches. I was looking for healthy school lunch options that were not just sandwiches or sandwich type creations. Also, the book is very small with only a few good recipes. Save your money and go with a different book.

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Healthy School Lunch: Recipes & Ideas for Vegetarian, Vegan, and Dairy-Free Kids and Teens  
(Best of VegKitchen) Vegetarian: 365 Days of Vegetarian Recipes (Vegetarian, Vegetarian Cookbook, Vegetarian Diet, Vegetarian Slow Cooker, Vegetarian Recipes, Vegetarian Weight Loss, Vegetarian Diet For Beginners) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) Vegetarian: Everyday : Vegetarian For Beginners(vegetarian paleo, vegetarian health recipes, vegetarian weight loss recipes, vegetarian weight loss, vegetarian ... book) (healthy food for everyday Book 2) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) KETOGENIC DIET VEGETARIAN: 120 BEST KETOGENIC VEGETARIAN RECIPES (weight loss, ketogenic cookbook, vegetarian, keto, healthy living, healthy recipes, ketogenic diet, breakfast, lunch, dinner, vegan) Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget( Crockpot,Slowcooker,Cast Iron) (Vegetarian,Vegetarian Cookbook,Vegetarian ... low carb,Vegetarian low fat) Vegan: 101 Quick-Fire, Dairy Free and Low Carb Vegan Diet Recipes (Vegan Cookbook of Recipes that are low carb, dairy free, slow cooker, crockpot and cast iron) Vegan Ketogenic Diet: High Fat and Low Carb Vegan Recipes for Weight Loss (Vegetarian and Instant Pot Dairy Free Vegan Diet Recipes for Healthy Living and Weight Loss Book 1) VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) Vegan: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1) Vegan Cookbook for Beginners: Top 500 Absolutely Delicious,Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet,Weight loss,Vegan Vegan: High Protein Vegan Cookbook of Dairy Free Instant Pot Vegan Recipes for Raw Vegans

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