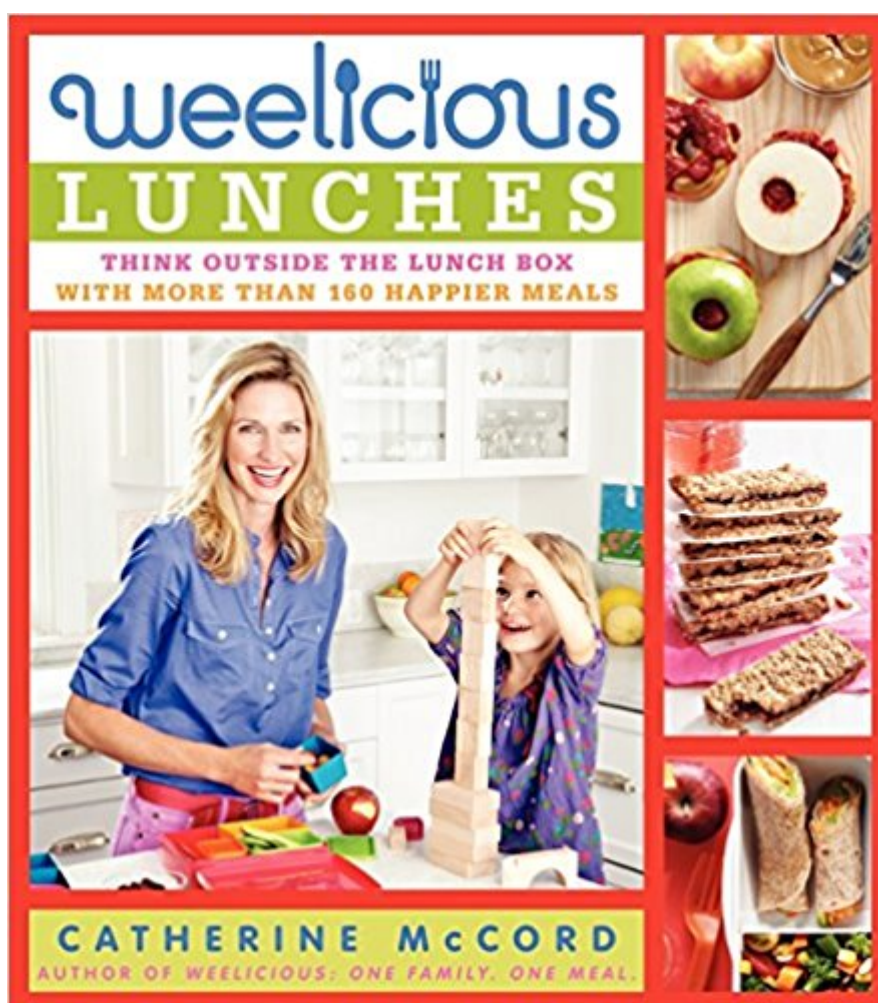


The book was found

# Weelicious Lunches: Think Outside The Lunch Box With More Than 160 Happier Meals



## Synopsis

Easy, healthy, and fun lunch ideas for every age! Once kids walk out the door for school, all bets are off. Will your son toss the nutritious food you've included and jump right to the treats? Will your daughter trade her sandwich for her best friend's prepackaged meal? Determined to improve what kids eat both at school and on the go, weelicious.com founder Catherine McCord offers innovative solutions for quick, delicious, easy-to-make, kid-friendly lunch box meals that little ones and their older siblings won't be tempted to swap, including: Chicken Satay Bites PB&J Pancake Sandwiches Pumpernickel Tuna Melt Chicken Salad Roll Ups Chopped Veggie Salad Tomato Soup with Grilled Cheese Croutons Carrot Hummus Cinnamon Pita Chips Chocolate Graham Crackers Nature Cookies Cinnamon Roll "Sushi" Sandwiches Filled with lots of great menu planning ideas; tips, tricks, and reusable product suggestions to make lunch fun; inspiring color photographs, advice on dealing with food allergies and so-called picky eaters; and more than 160 tried and true recipes, *Weelicious Lunches* takes lunchtime planning from hassle to joy!

## Book Information

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## Customer Reviews

Catherine McCord is like a magic godfairy delivering fresh ideas and warm encouragement day after day. (The Kitchn) "Whether you're familiar with her first book or new to Weelicious.com creator Catherine McCord, you'll love her confidence-building ideas for lunch that introduce new foods and flavors to kids in familiar ways (try the roasted honey cinnamon chickpeas or chicken satay bites). (Real Simple) "Although the book is aimed at

packing lunch for kids -- as in, lunches they'll actually eat -- adults will enjoy many of these meals just the same! (Los Angeles Times) "With the launch of her newest cookbook, Weelicious Lunches, the former TV host and professionally trained chef brings her calm, sensible approach to the back-to-school routine. (Daily Candy Kids) "Serving as a cookbook and an inspirational how-to guide, this fun cookbook addresses a variety of food challenges from taste to food sensitivities to allergies through her delightful recipes and unique flavor combinations. (MomTrends) "While these meals are targeted for children, the best part is that they are delicious for adults, too, and will easily double as lunch for you. (Environmental Working Group)

Catherine McCord is the founder of the popular website weelicious.com, a 2013 Babble Top 100 Mom Food Blog, one of People magazine's most influential mommy bloggers, and author of the Weelicious cookbook. She attended the Institute of Culinary Education in New York City, has worked in several high-end restaurants, is a contributor to Parade, and has appeared on Today, Good Morning America, The Chew, and The Doctors, and in magazines such as Parents, Parenting, Lucky, Working Mother, and Every Day with Rachael Ray. A former television host, she lives in Los Angeles with her husband and two children.

A great companion to her first Weelicious book. All of the recipes I've tried have been delicious and she has such great healthy ideas that my kids always love!

Not what I expected. Would have been nice to have pictures of every recipe in the book instead of pictures of her kids and random junk. Too much jibberish in the introduction which took pages and pages..just get right to it.

This has very creative, fun food ideas! A lot of the recipes are still too "advanced" for my super picky eater, but I love the nutritional, healthy focused meals and the presentations are always cute! I'm now hooked on Bento boxes and every time I pack lunch for my pre-schooler, I glance through this for ideas to persuade him to eat more! Love it!

Every lunch we have made out of this book has been a hit - this is my second Catherine McCord book & not only does it have great, easy & deliciously healthy recipes - but acts as a springboard of creativity for future meals! Our household is a huge fan of healthy eating!!

Full of great ideas but many "recipes" are just that an idea or concept that is repeated more than once rather than a true recipe. Nonetheless, an excellent source of inspiration for those of us who prefer healthy, homemade snacks/meals to store bought ones.

Very disappointed in this book. Ideas recycled from her other cookbook, as well as other people's blogs and Pinterest.

My kids are excited about lunch again! They tell me that their friends enjoy seeing what they have, too. We've been making our own snacks together, and my kids love that there aren't yucky chemicals in ours.

This book is a must have! I have actually had this book for a while but my kids love it!! It's my go to for snacks and great lunches, and dinners and a book I know my kids will enjoy! Some of the recipes are different from the ones she has posted online!

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