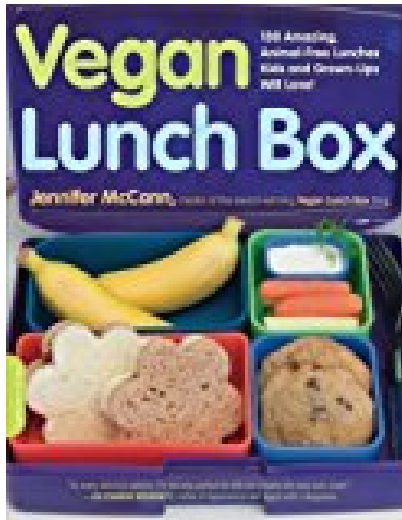


Vegan Lunch Box 130 Amazing Animal-Free Lunches Kids and Grown-Ups Will Love!



BOOK DETAILS

- Author : Jennifer McCann
- Pages : 280 Pages
- Publisher : Da Capo Press
- Language : English
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BOOK SYNOPSIS

If you think vegan lunchtime means peanut butter and jelly day after day, think again! Based on the wildly popular blog of the same name, Vegan Lunch Box offers an amazing array of meat-free, egg-free, and dairy-free meals and snacks. All the recipes are organized into menus to help parents pack quick, nutritious, and irresistible vegan lunches. Ideal for everyday and special occasions, Vegan Lunch Box features tips for feeding even the most finicky kids. It includes handy allergen-free indexes identifying wheat-free, gluten-free, soy-free, and nut-free recipes, and product recommendations that make shopping a breeze.

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