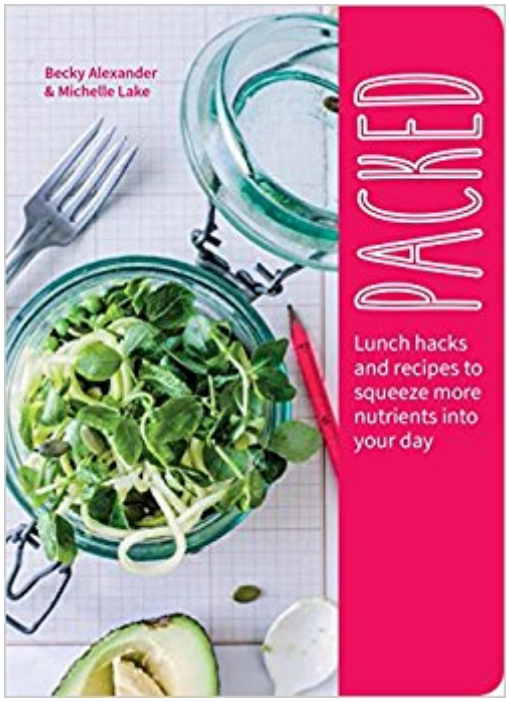
Ebook Directory
the best source of ebook

The book was found

Packed: Lunch Hacks To Squeeze More Nutrients Into Your Day



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

The workday packed lunch - so often a repetitive and disappointing affair - is easier than you think to get right; it just requires a little forward planning. Throw out the soggy sandwiches and fill your Thermos or lunch box with nutrient-packed goodies that are simple to prepare, delicious - and full of things that are good for you. Contemporary and seasonal recipes are supported by sound nutrition to bring you this hip and easy guide on lunch on the go. While food writer Becky Alexander shows you how to knock up simple and satisfying bites - from vibrant Skip to the Beet Soup to satisfying Good Mood Cookies - nutritionist Michelle Lake will explain how that lunch is doing you good. Chapters include: Ã Â Ã Â Ã Â Ã¢â ¬Â¢Ã Â Get Up and GoÃ Â for those breakfasts on the run Ã Â Ã Â Ã Â Ã¢â ¬Â¢Ã Â Raw GoodnessÃ Â salads Ã Â Ã Â Ã Â Ã¢â ¬Â¢Ã Â Filling FlasksÃ Â of satisfying hot food Ã Â Ã Â Ã Â Ã¢â ¬Â¢Ã Â Fork-free Fare:Ã Â sandwiches, dips and other cutlery-free eats Ã Â Ã Â Ã Â Ã¢â ¬Â¢Ã Â Snacks and BitesÃ Â for the inbetween times and treats By strategic shopping, making things ahead, and using your fridge and freezer craftily, creating exciting and healthy lunches every day becomes almost effortless. Health benefits of particular foods are featured throughout, so you know your blood sugar will be balanced, the nutrition will be packed in and your brain will be kept in top gear. Because work is harder when you’re not fully fuelled!

Book Information

Paperback: 176 pages

Publisher: Nourish; 1 edition (February 14, 2017)

Language: English

ISBN-10: 1848993153

ISBN-13: 978-1848993150

Product Dimensions: 6 x 0.6 x 8.1 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #680,740 in Books (See Top 100 in Books) #156 inÃ Â Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Brunch & Tea #297 inÃ Â Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Burgers & Sandwiches #322 inÃ Â Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Soups & Stews

Customer Reviews

Becky AlexanderÃ Â is a food writer (The Guild of Food Writers) and food book editor for

companies such as Dorling Kindersley, Penguin and Bloombsury. She writes a fortnightly food column forÃ Â The Herts AdvertiserÃ Â newspaper focussing on seasonal, local food. Becky recently appeared on a BBC Radio programme giving commuters easy ideas for their lunches.Ã Â Michelle LakeÃ Â DipION CNHC mBANT is a registered Nutritional Therapist and has been running her own busy practice, Mission Nutrition in St Albans for over 7 years. She trained for four years at the Institute of Optimum Nutrition on its internationally acclaimed nutritional therapy course. She is a member of BANT (British Association for Applied Nutrition and Nutritional Therapy and The Nutritional Therapy Council (NTC).

just awesome recipes great ideas love it

This is a fabulous book for anyone taking a packed lunch or just wanting a different and healthier choice.We get a quick run down on ingredients like which carbohydrates are good to use, healthy fats etc.In fact it’s chock full of good advice and tipsIt starts with some alternatives to the morning coffee including:Hot Morning Zinger which is lemon, ginger, mint and cayenne pepper.Cucumber and Mint Infusion1. GET UP a n d GOThere’s breakfast layer pots, hot and cold oats, muesli made easy, muffins, frittata and so many others, my favourites are:Good for you granolaCoconut, pistachio-goji berry granola bars.2. SALADS a n d SLAWSHere we get a huge selection of salads and dressings including:Nutty noodle saladRoasted cauliflower, chickpea, feta-pomegranate salad.Also pick n mix salads:Dressing layerEnergy layerEndurance layerDeli layerImmune boosting layerLeafy goodness layerYou build you salad in the above order starting with the dressing, there’s so many options you could have a different salad everyday.3. FILLING FLASkSA good selection of soups including:Spicy cauliflower and almondImmune boosting soupCreamy wild mushroom soupSpicy chickpea and red lentil,4. FORk-FREE mEALSSandwiches, dips, flatbreads, deli plates including:Warm roast vegetable and halloumi saladCauliflower, green lentil and spinach curryGoats cheese dip,5. SNACkS a n d bITESCrisps, popcorn, cookies including:Raw brazil nut date ÃƒÂ¢Ã â ¬Ã â •cherry sliceApricot, cashew energy balls.I have to mention while I’m vegetarian this book isn’t there’s plenty of meat options if that’s what you’re looking for. It’s well presented and while there’s plenty of pictures there isn’t one for each recipe which I normally look for in any recipe book I read but this book is so good I let that slide.I voluntarily read a review copy kindly provided by NetGalley and Nourish.

Nowadays bringing your own lunch to work is trendy. It seems everyone is on a special diet, and

bringing food from home is the best way to control what youÃƒÂ¢Ã â ¬Ã â„¢re eating. Packed: Lunch Hacks to Squeeze More Nutrients Into Your Day is a timely cookbook with dozens of great ideas for not only taking better tasting packed lunches, but also making them healthy packed lunches. Healthy food is also trendy, so this cookbook is a win-win.There are great ideas for packaging your lunches, jars, flasks, plastics, etc., as well as how to keep lunch fresh until time to eat. The book includes lunches that can be packed in about 5 minutes, and ideas on planning and shopping ahead so that everything is on hand to make lunches for the week ahead.The book also has ideas to save calories such as using yogurt instead of mayonnaise, pesto instead of butter, and lists ingredients that generally have additives and junk that most of us want to avoid. There are ideas for salads, soups, sandwiches, finger foods, and snacks, all of them much more appetizing that what most of us are used to.There are great pictures, a great index, and great ideas. For anyone who likes to take lunch rather than buy fast food, this is one of the best books out there. It is highly recommended for those who are trying to eat healthy, and are tired of plain, boring sandwiches.All told, this is an excellent book for everyone. The recipes and ideas are easy to understand and follow, and there are enough ideas in the book that everyone will find something useful for their personal lunch needs.Special thanks to NetGalley for supplying a review copy of this book.

Download to continue reading...

Packed: Lunch Hacks to Squeeze More Nutrients Into Your Day The Lunch Box Cookbook: Over 50 Fun and Delicious Lunch Recipes to Fill Your Lunch Box Lunch Box Recipes: Light Up Your Kids' Faces And Take Lunch To The Next Level With 49 Satisfying And Nutritious Lunch Box Recipes That Take Minutes to Make Superfruits: (Top 20 Fruits Packed with Nutrients and Phytochemicals, Best Ways to Eat Fruits for Maximum Nutrition, and 75 Simple and Delicious Recipes for Overall Wellness) Camping: Camping Tips: 21 Crucial Tips and Hacks to Turn Your Camping Trip Into the Ultimate Outdoor Adventure (Camping, Ultimate Camping Guide for Tips, Hacks, Checklists and More!) Charisma: Discover How to be More Charismatic, Enhance Your Social Skills and Create a Magnetic Aura: Confidence Hacks (Charisma, Confidence, Self Confidence, ... Influence, Persuasion, Mind Hacks, Book 7) Photography Hacks: The Complete Extensive Guide on How to Become a Master Photographer in 7 Days or Less: Photography Hacks and 7 Day Photography Lunch Lady and the Picture Day Peril: Lunch Lady #8 Prepper: Preppers guide for self-sufficient living to make your life easier and household hacks bookset (household hacks, survival books, prepping, off grid, saving life, preppers pantry) DIY Household Hacks for Beginners: DIY Hacks For Cleaning And Organizing, Increased Productivity, Declutter your Home (DIY Home Improvements,

DIY Household ... And Organizing, Increase Productivity) Prepper's Survival Pantry: The Ultimate SHTF Preparedness Guide To Canning, Dehydrating And Emergency Water And Food Storage (Prepper Hacks, DIY Hacks, ... Survival Needs, Hack It, Prepare Your,) Kids Lunch Boxes: 101 Tasty, Fresh, Fun and Healthy School Lunch Box Ideas and Recipes Your Kids Will Love To Eat! Coconut Oil Hacks: 19 Life Changing Coconut Oil Hacks for Weight Loss, Radiant Health & Beauty Including Amazing Coconut Oil Recipes Home Burglary and Car Theft Protection Hacks: 12 Simple Practical Hacks to Protect and Prevent Home and Car from Robbery (Life 'n' Hack) Eric's Big Book of Wilderness Survival Hacks: The Ultimate DIY Field Guide For Adventures In The Great Outdoors (Life Hacks 4) DIY Household Hacks: 101 Proven Household Hacks to Increase Productivity and Save You Time, Money and Effort 100 DIY Survival Hacks: 100 Easy Lifesaving Survival Hacks Using Normal Everyday Items From The House Lunch Lady and the Summer Camp Shakedown: Lunch Lady #4 Lunch Lady and the Bake Sale Bandit (Lunch Lady, Book 5) Lunch Lady and the Bake Sale Bandit: Lunch Lady #5

Contact Us

DMCA

Privacy

FAQ & Help