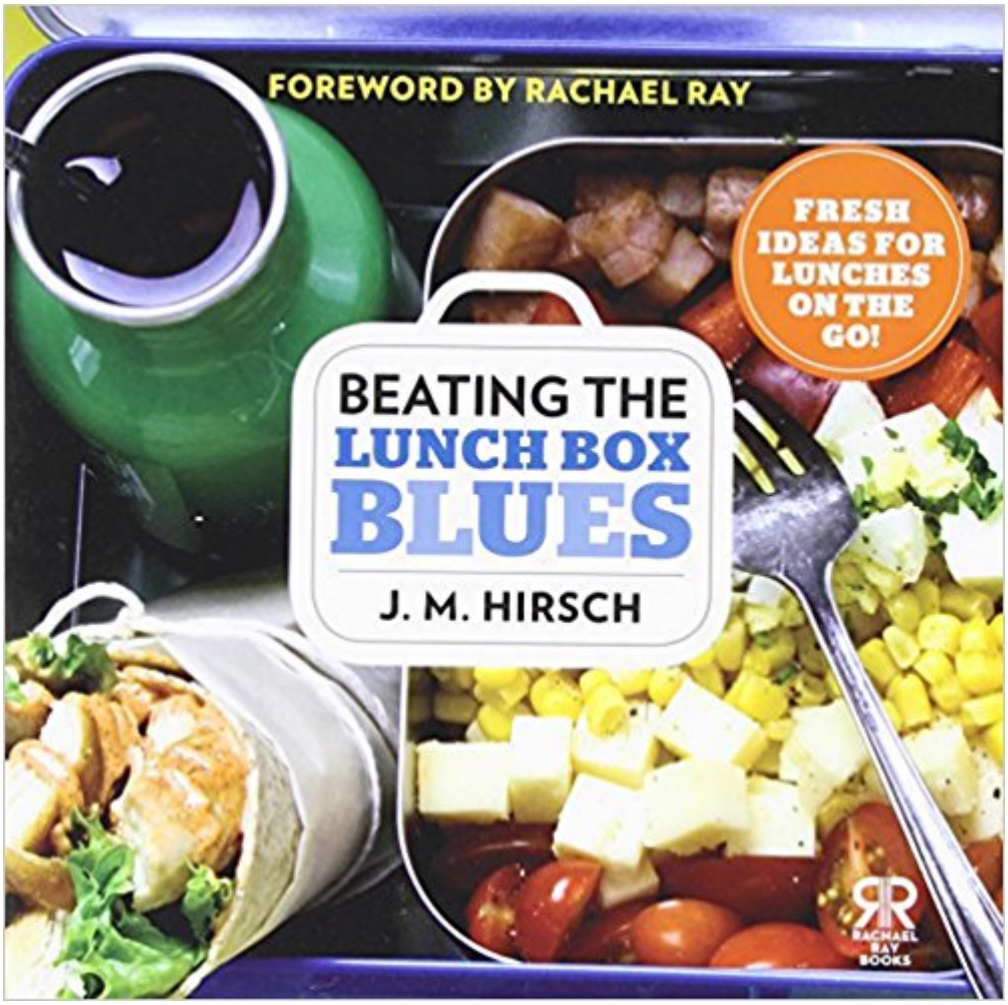
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Beating The Lunch Box Blues: Fresh Ideas For Lunches On The Go! (Rachael Ray Books)



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Synopsis

Longing for more than yet another limp salad? Tired of tussling with the kids over junk food lunch kits? Sounds like youÃ¢â ¬â„¢ve got the lunch box blues. J. M. Hirsch has the fix.But it isnÃ¢â ¬â„¢t a cookbook. Because when it comes to lunch, nobody has time to break out a recipe to bang out a brown bag special. Busy people need lunch ideas. Lots of them. And those ideas need to be healthy, fast, easy, affordable, and delicious.ThatÃ¢â ¬â„¢s what Beating the Lunch Box Blues isÃ¢â ¬â •an idea book to inspire anyone daunted by the daily ordeal of packing lunch. Jammed with nearly 200 photos and more than 500 tips and meals, this book is designed to save families time, money, and their sanity.Whether you want to jazz up a grilled cheese, turn leftover steak into a DIY taco kit, or make pizza Ã¢â ¬Å“sushi,Ã¢â ¬Â• Hirsch has it covered. And because the best lunches often are built from the leftovers of great suppers, he has also included 30 fast and flavorful dinner recipes designed to make enough for tomorrow, too. Crazy good stuff like short ribs braised in a Rosemary-Port Sauce, Hoisin-Glazed Meatloaf, and kid-friendly classics such as Turkey Sloppy Joes and American Chop Suey.With ideas this easy and this delicious, thereÃ¢â ¬â„¢s no reason to let the lunch box blues get you down.

Book Information

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Customer Reviews

"You'll wish your mama had packed you these lunches. Fast, easy, healthy and delicious!" (Bobby Deen, host of Cooking Channel's "Not My Mama's Meals")"This is not your average Ã¢â ¬Å“been

there, done thatÃ¢â ¬Â• lunch-packing idea book. This is revolutionary. This will change lives of many a parent (starting with me)." (Melissa d'Arabian, host of Food Network's Ten Dollar Dinners)Ã¢â ¬Å“J.M. Hirsch gets you thinking out of the (lunch) box by inventing alternative ways to prepare and package the usual suspects, introducing completely new ideas (pizza sushi anyone?) and offering terrific strategies that makes it seem so do-able. Heck, he makes lunch box cuisine fun!!Ã¢â ¬Â• (Sara Moulton, host of public television's Sara's Weeknight Meals)"Balanced, clever lunch-time fodder Ã¢â ¬â œ just the recipe for happy kids, every day of the week." (Jamie Oliver)

J.M. Hirsch is the national food editor for The Associated Press. He is on Instagram and Twitter as @JM_Hirsch. His previous books include Beating the Lunch Box Blues, High Flavor, Low Labor: Reinventing Weeknight Cooking and Venturesome Vegan Cooking. He lives in New Hampshire.Ã Â Rachael Ray is a New York Times bestselling author of more than twenty cookbooks. She is the host of the Food NetworkÃ¢â ¬â„¢s 30 Minute Meals and Rachael RayÃ¢â ¬â„¢s Kids Cook-Off, as well as the Cooking ChannelÃ¢â ¬â„¢s and the Food NetworkÃ¢â ¬â„¢s Week in a Day. She is also the star of the syndicated talk show Rachael Ray; founder and editorial director of her own lifestyle magazine, Every Day with Rachael Ray; and founder of the Yum-o! organization. Ã Â

This book is so cool! I am starting to cook hot lunches for my kids, and this book is a great addition! My kids wouldn't eat little salad type things like the cover shows, but I can use so many components of this book for other lunches. I also avoid dairy, and this book is not cheese intensive which is so nice since plenty of lunches use cheese as a staple. It has a good balance, and the meals do not seem too much like "kid food" which my kids will not eat either. So, for my two picky, gourmet "adult food" appreciating children, this book is a GREAT addition to our repertoire as I figure out how to get creative on our "hot lunches, please!"

Ok. It is so rare that any cookbook I buy actually lives up to the standards that I set for it before it arrives. Usually, most cookbooks can have one or two recipes that I like, but include such labor intensive cooking that it is not practical to use on any regular basis OR it is full of easy recipes that have almost no veggies. Not so with this book.For starters, it is a cookbook, but not completely. It is mainly a book of ideas for lunches that are easy. Easy to me equals NOT having to cook or prepare a huge meal to have a great lunch. I already spend a lot of time putting together supper meals for my family, and I just don't have time to add lunches- not with a full time job. This book totally does

what I wanted it to do- to give me some new ideas for interesting yet easy lunches, incorporating fresh fruits and veggies (which I need to eat more of). I truly cannot wait to start trying some of these ideas.

This is my first purchased Kindle cookbook and I am already a fan of the format!! I too have been following the blog the last two years and was eagerly anticipating the book. Often Parker's lunches contain some fabulous leftovers that used a dash of this, a splash of that and look amazing...it is nice to have the proportions for those wonderful marinade creations. The book is a perfect collection of drool-worthy photo inspirations with accompanying text. I actually had to read all the pictures a couple of times to not miss a hidden recipe/hint on top of a picture. I appreciate his philosophy for feeding children, do not treat them as kids and they often will surprise you with their willingness to try something new and adventurous.

Pics pics pics of lunch food in lunchboxes. Almost every page suggests using a thermos though to keep food warm.Book suggests things like using beans and topping them as you would a baked potato, layered meat corn and potato for instant shepherd's pie, and adding broth to sloppy Joe meat to make stew.Had to instantly go out for tiny toast shaped crackers, cheese, and deli meat. Has lots of recipes but mainly pics showing different food combinations.

I bring my lunch to work practically every day and am always looking for something new. I like the book but many of the options require cooking the night before and I just don't have the time to do that. For stay at home people who send their kids off to school with lunch, I think it's great, but for us with too little time in the evening, not so much.

This book reads like a magazine feature spread. There are tons of appealing photos and little tip blurbs throughout. There are some quick, tasty recipes, but it's the lists of suggestions and illustrated leftover variations that are really exciting and unique.I bought this book to help me get through my first pregnancy without having to exist solely on quick snacks like string cheese and yogurt cups. I like that the meals are healthy but not obsessively so...taste counts! I'll look forward to sharing my snacks with my little bug in a year or two when he's born and eating solid food! In the meantime, good eating ahead for this mama-to-be! So glad I bought an extra to share!

It's a good book for inspiring lunch ideas, however, a lot of the recipes are impractical. They expect

you to have a lot of fancy ingredients on hand. But I do like the ideas in the book.

The pictures are worth a thousand words and SO MANY great ideas for lunch. This book helps break the sandwich cycle. Unfortunately a couple pages fell out shortly after arrival of the book, so I can't give it five starts since it is after all, a book I am buying. Cheaply bound.

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