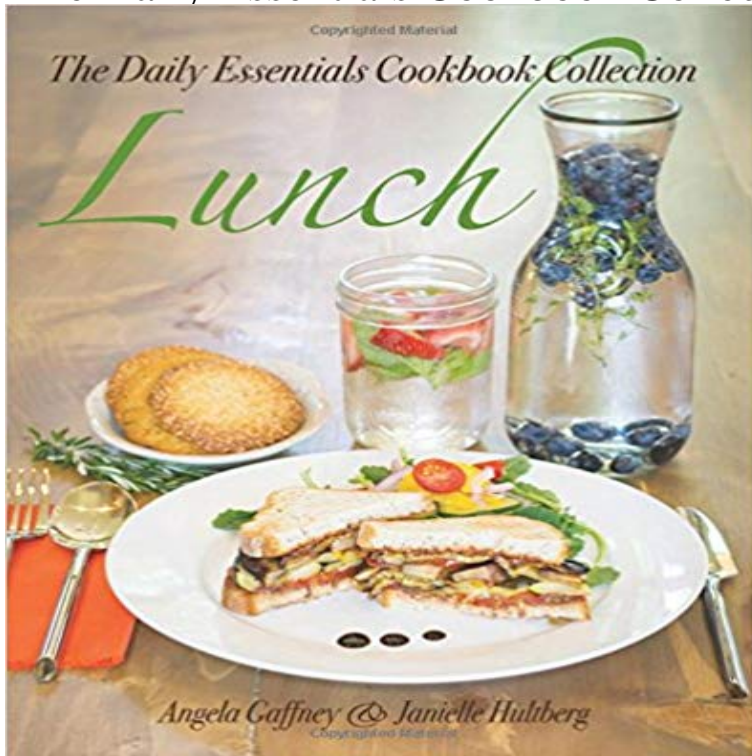


The Daily Essentials Cookbook Collection: Lunch (Volume 2)



Its time to take a break from the PB&J sandwich routine and give your lunchbox a fresh perspective! Lunch can be easy, healthy and delicious no matter your schedule; it just takes a little planning and preparation. This Daily Essentials Cookbook will be your guide to creating new, delicious lunch recipes for the whole family to enjoy. Kids and adults need plenty of balanced nutrition to stay focused, energetic and productive in school and work. Have you ever considered how much we ask of our mind and body every day? Its important we provide for our body just as it provides for us. Our goal in writing this book is to share easy and delicious recipes you can use to create wraps, sandwiches, salads and soups to nourish your body and keep you steady all day long. Enjoy the plated lunches, but also have fun exploring the mix-n-match options to create your own family favorites. Well teach you the basics around planning and prepping so the brown bag lunch fits easily into your busy lifestyle; we too know what its like to manage life and love using these quick tips were sharing with all of you. Enjoy! To your health and happiness, Angela & Janielle

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