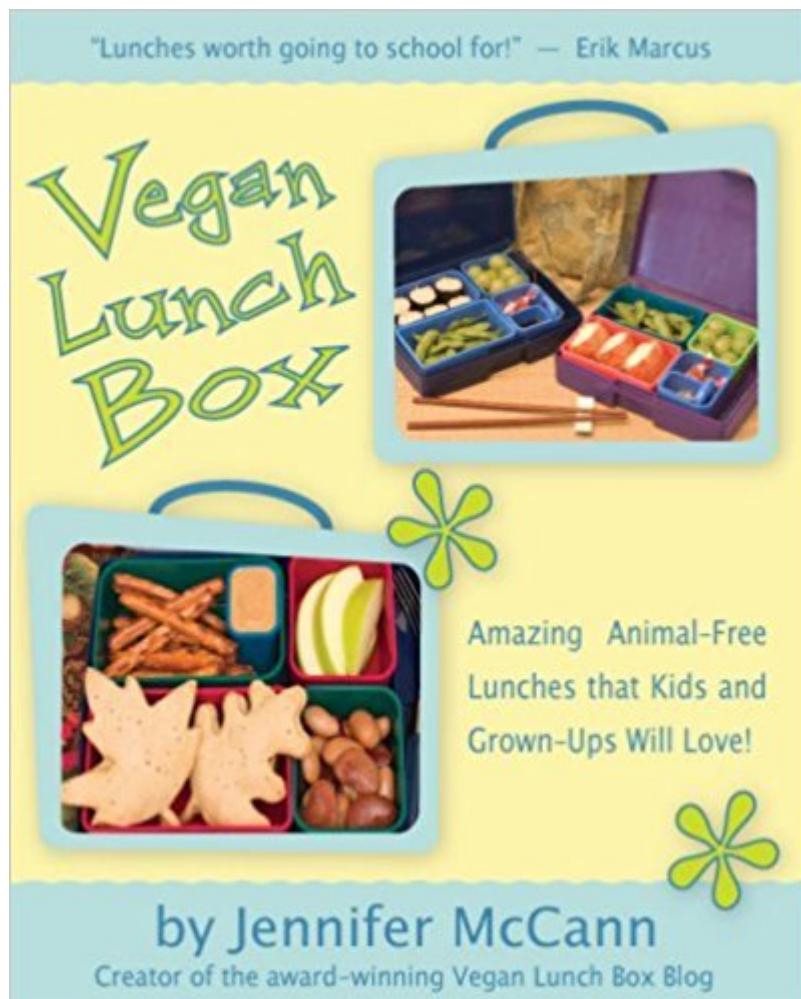


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Vegan Lunch Box



Synopsis

The first edition of Vegan Lunch Box is sold out! A big thank you to all the fans of Vegan Lunch Box. Watch for a new edition from Marlowe & Company coming Spring 2008.

Book Information

Paperback: 295 pages

Publisher: Little "s" Press (2006)

Language: English

ISBN-10: 0977821803

ISBN-13: 978-0977821808

Package Dimensions: 9.1 x 7.2 x 0.9 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.1 out of 5 stars 149 customer reviews

Best Sellers Rank: #509,203 in Books (See Top 100 in Books) #93 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan #17818 in Books > Cookbooks, Food & Wine

Customer Reviews

The first edition of Vegan Lunch Box is sold out! A big thank you to all the fans of Vegan Lunch Box. Watch for a new edition from Marlowe & Company coming Spring 2008.

Such great lunch ideas. I will be working through this book and live the lunch meal lists offered. I wrote them down in our school calendar and we will have no lunch repeats for 3 months.

I loved reading Vegan Lunch Box, as I have many cookbooks, but I also felt a special connection with the author because of her great writing style. As a lousy cook myself, I felt so encouraged by reading her recipes, they seemed so simple, so straightforward, and they were real food. I was a little afraid to actually try a recipe, lest failure result and discouragement set in as had happened so many times before with various other cookbooks. Well, I'm happy to write that my Vegan Lunch Box dishes were a success! My kids asked for second and third helpings of the Almond Sweet Potatoes and the Heart Beet Salad, amazing! My husband loved the autumn leaf tarts, although as a meat eater he said he would have liked a bit of chicken in them. We also made the gingerbread cookies, so simple, so fun to make with kids, so healthy. I even was able to make the icing, another success. Although initially it seemed like a failure because the icing was all clumpy, I pressed on knowing that Jen McCann had timetested all the recipes, and the result was great icing! We even colored it pink

for valentines day, and there was so much dough that half is sitting in the freezer for another day (hope it freezes well). So, to make a long story short, I am thrilled with Vegan Lunch Box and have found it really great for a non-vegan and beginner cook like me. The blog is great too. ;-)

I was dying to get this book after being a fan of her blog for so long. It's got great menu plans - ones for mornings you have time to cook, ones for a rushed morning and ones for preparation the night before. It has great recipes, a little too much fake meat and processed food for my taste - but then it's written for everyone, not just me :) My only criticism (and that's why it lost a star) is the lack of photos. The beauty of the blog was the photo of each lunch, I was expecting this in the book too but there's just a few photos together in the middle of the book - 99% of the recipes and menus don't have photos which is sadly quite common with vegan cookbooks. But this book is WELL worth the price and will truly be USED in a household with kids. Just give us some photos!

I own both books and I much prefer the first edition (yellow) over this one, the second purple version. The first edition is much better in terms of organization. I find the second edition confusing to follow and highly dislike how the meal plans do not have the recipes immediately with it. The flow in this version is not good and I find it sitting on my shelf unused. It is very confusing to have meal plans in the front not followed immediately by the recipes. I don't like that I have to keep going back and forth between the meal plans in the front of the book to the recipes in the back to see what is in it. It is very frustrating and I only reach for the first edition now. That said, the book has a lot of great kid friendly and FAMILY friendly meals in it. I loved that it wasn't your typical vegan/vegetarian cookbook that had a lot of substitutes for meat in it, but instead shows you simple pairings of food to make a meal. We have not had a recipe in here yet that is not well loved.

I admit I'm not the best at thinking things up to put in my kids lunches. I wasn't about to buy lunchables and packs of gummies and oreos so I needed ideas and tips that I could agree with. Found it here! Yes, some things my kids simply are wary of due to the fact that we are not vegan's ourselves. But I figure give it a try anyway. The other up side to a vegan book is that there really isn't anything in it that will spoil b4 lunch time!

still reading it

I ordered this book, because my son will start school this summer, and I had no idea what to pack

into his lunch box every day. I want his lunch box to be a fun, colorful, and delicious surprise, and this book will surely help me to do this. The recipes are very healthy and also adventurous. I especially like that there are foods included from all around the world. There are some pictures in the center of the book, but I wish that more of the recipes had pictures included with them. Other than that, a great cookbook for busy vegan moms!

A great collection of receipes for children and adults, as a transitioning vegan this book worked for me in all aspects. It helped me learn about vegan food, substituion, healthier living and creative foods. As a learner vegan cook, it let me start of with simple foods...and graduate to harder dishes. I make the vegan chilli again and again, I was not that great with the buzzy bees, but I am getting better at the potato salad, with capers! A tastful inclusion into the Vegan bookshelf.

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