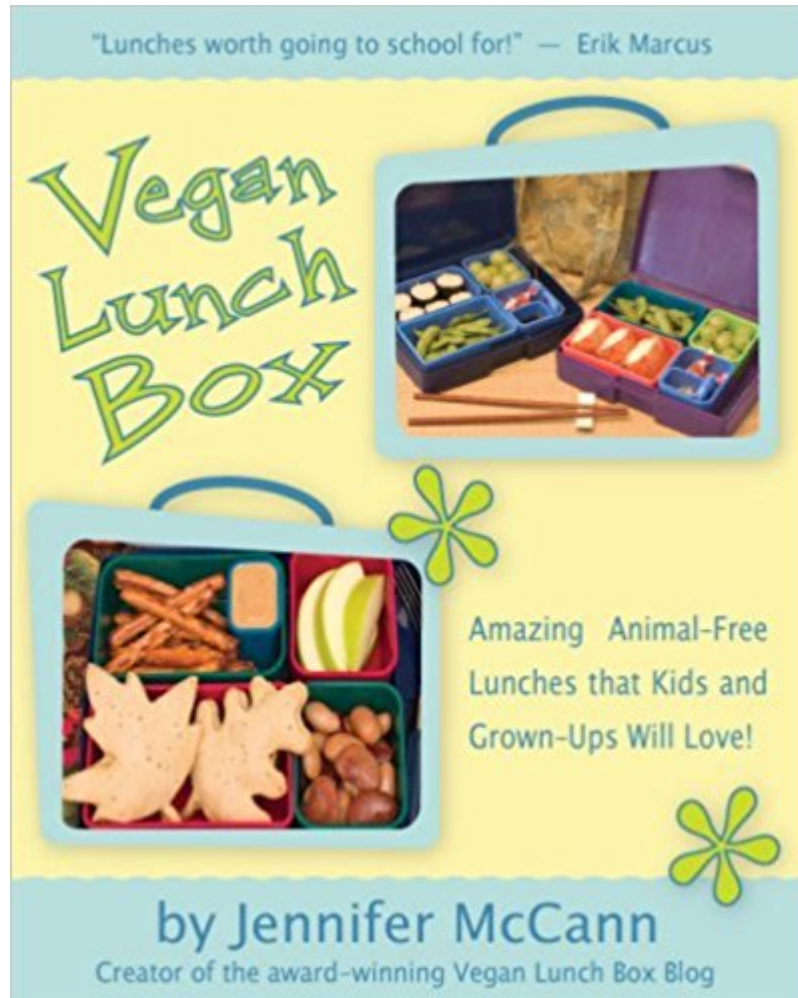




The book was found

# Vegan Lunch Box



**DOWNLOAD EBOOK**

## 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 vegans ourselves. But I figure give it a try anyway. The other upside 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 recipes for children and adults, as a transitioning vegan this book worked for me in all aspects. It helped me learn about vegan food, substitution, healthier living and creative foods. As a learner vegan cook, it let me start off 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.

[Download to continue reading...](#)

Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) Vegan Cookbook for Beginners: Top 500 Absolutely Delicious, Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet, Weight loss, Vegan Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet, vegan cookbook, vegan smoothies) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker, crockpot, Cast Iron) (vegan, vegan diet, vegan slowcooker, high ... free, dairy free, low carb) 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 The Vegan Power: Why Going Vegan Will Save Your Life (Vegan diet, Veganism, Healthy Eating, Vegan Diet For beginners, Clean Eating, Weight Loss, Vegan Cookbook) Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for Every Occasion to ensure Weight ... Plant-Based Vegan Cookbook for Beginners 1) Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) VEGAN: 30 Days of Vegan Recipes and Meal Plans to

Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) Vegan Instant Pot Cookbook - Healthy and Easy Vegan Pressure Cooker Recipes for Everyday Cooking: ( Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Vegan: 365 Days of Vegan Recipes (Everyday Vegan Vegan Recipes Vegan Cookbook) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) Dessert Vegan Box Set 2 in 1: 150+ Ice Cream Vegan and Chocolate Plant-Based Vegan Recipes that are Dairy Free for Easy Rapid Weight Loss for Beginners ... crockpot and cast iron; vegan bodybuilding) Vegan: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1) Vegan: How To Start A Vegan Diet, The Basics Of Vegan Eating, Weight Loss, And Muscle Building (Plant-Based, Fitness, Beginner Vegan, Cookbook, Recipes) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)