

## Lunchbox Salads Recipes To Brighten Up Lunchtime And Fill You Up

“Food should make you feel sexy,” say Danielle Duboise and Whitney Tingle, founders of the popular organic nutritional program, Sakara Life. In their debut book, *Eat Clean, Play Dirty*, the duo delivers delicious recipes and reinvigorating rituals to achieve nutritional harmony, a way to nourish the body and feed the spirit simultaneously. It’s about saying yes to kale and to dessert; to early-morning aasns and late-night dancing. It’s about prioritizing health without making sacrifices. Since delivering their first meals by bicycle in 2012, Whitney and Danielle have changed thousands of lives across the country and garnered a long list of celebrity devotees including Gwyneth Paltrow, Jessica Alba, and Oprah. With *Eat Clean, Play Dirty*, they have gathered the vibrant, delicious dishes that clients and fans crave and make it possible to recreate the Sakara magic in their own kitchens. Changing the dialogue we have with our bodies and our plates, the cookbook empowers each of us to become our own chef and ultimate healer by using food as medicine. Each delicious recipe, from the Eat-the-Rainbow Wrap, Organic Coconut Yogurt, Red Beet Burger, and the Everything Bagel with Garlic Schmear is designed to: balance our body, heal our gut, flood our body with ample nutrients, shed excess weight, reduce inflammation, eliminate sugar cravings, balance our hormones and mood, give us the tools to create a body we love living in. Every recipe is backed by Sakara’s roots in nutritional science—honed over years of studying with doctors, scientists and healers of all kinds. Alongside the recipes, readers will learn about superfood ingredients from around the world, discover the phytonutrients needed for true vitality, unearth the secrets of the microbiome, and master tangible lifestyle tricks for balancing lifelong health with ultimate happiness. It’s Sakara’s signature blend of science, sexiness, irreverence, and light-filled intention. The ultimate wellness cookbook has arrived. Celebrate abundance. Say yes to body love. And don’t forget to break some rules.

Discover your inner salad genie with this creative cookbook. Over 230 recipes, ingredient information, and tips, make this the only cookbook you’ll ever need to make innovative, stunning, and satisfying salads. What does salad have the potential to be? An exciting mix of color, crunch, and flavor: Peaches over silken burrata; oil spiced with curry leaves on crunchy carrots flavored with lime and cilantro; Southwest Beef Salad with Cornbread Croutons. Explore the creative possibilities of salads, learn how to build and layer unique flavor combinations and embrace ingredients from barley, octopus, and miso to radicchio, pattypan squash, and pears. These ATK dishes will be the star of the table. Our recipes feature salads like Pea Green Salad with Warm Apricot-Pistachio Vinaigrette and Tomato Salad with Steak Tips as well as Crispy Eggplant Salad, and riff on classics: Caesar salad with grilled romaine or pasta salad with One-Pot Pasta Salad with Chicken (and tomatoes, olives, pepperoncini, green beans, arugula, feta). Sides/ars highlight surprising salad ingredients such as cauliflower, purslane, curry powder, and radicchio. You’ll also acquire ideas and inspiration to assemble your own salads in *The Architecture of a Green Salad*, with great tips on mixing and matching ingredients, flavors, and textures. The *Salad Bar* chapter equips you with an assortment of dressings, toppings, infused oils, and spice blends like za’atar. This is the cookbook you pull out when you want inspiration for dinner and a feast for the eyes.

From the creators of the website *Japanese Cooking 101*, *Bento* (a newly reformatted edition of *Simply Bento*) is a complete collection of over 50 delicious and healthy box lunch ideas for everyone in the family. Ready to make lunch quick, easy, and tasty? Japanese bento boxes are single-portion packed lunches, perfect for anyone looking to save money and eat a balanced, satisfying meal for lunch every single day. *Bento* features over 100 healthy and delicious recipes—including mains and sides—that you can make every day of the week and mix and match using a combination of traditional and nontraditional items about different types of bento boxes and accessories, how to assemble your box, and everyday items you will need in your pantry, as well as how to plan ahead so that your morning prep is a breeze. *Bento* shows you the finer points of bento-making, and there is something for everyone: Classic Teriyaki Bento, Sandwich Bento Sushi and Onigiri Bento Noodle Bento Popular Japanese Bento 10-Minute Bento Rice and Grain Bowl Bento Low-Carb Bento Vegan Bento Bento for Special Occasions (including for the first day of school and Halloween!) Bento at Home So, if you’re in the mood for Chicken Teriyaki, Ramen, Shrimp Avocado Pasta Salad, Cauliflower Fried Rice, Falafel, Sweet and Sour Meatballs, Tempura, or Chicken Nuggets (for the kids), Bentos has the recipes—plus much more!

Live up your lunch box with this vibrant and creative cookbook, helping you to transform your lunchtimes. Whether it is a lunch on the go, eating at your desk, or a catch-up with friends or colleagues *Love Your Lunches* has over 50 inspiring ideas to brighten up your afternoon meals. From a red lentil, squash and coconut dal to a quick and fuss-free sushi bento bowl, each recipe is nutritionally balanced, easy-to-make and mouthwateringly delicious. Learn how you can adapt last night’s leftovers for an exciting lunchtime meal, batch meals you can freeze ahead, fast lunches you can whip together in the morning, in a matter of minutes, as well as fresh and cost effective ideas for those days when you haven’t got the time to make your own lunch at home. There are also ideas for toppers, snacks, shared lunches and that inevitable 4 p.m. slump. Taking just 30 minutes or less to prepare, all the recipes are easy to adapt so you can easily mix and match your lunch to your own personal preference. With a fun and playful design and recipes that are healthy yet satisfying and full of flavour, *Love Your Lunches* will help you to reclaim your lunch break.

### 365 Days of Salad Recipes

#### Lunchbox Salads

#### Food 2 Mighty Salads

#### Essential Lunches to Brighten Your Day (2nd Edition)

#### 100 Recipes and a Real-Life Plan for Eating Less Meat: A Cookbook

#### The Encyclopedia of Sandwiches

#### 125 Yummy, Quick, and Healthy Recipes for Kids

#### Community

A collection of more than 60 illustrated recipes for simple-to-prepare salads, dressings, breakfasts, and snacks to take on the go. The solution to the lunchtime salad rut, *Salad in a Jar* provides healthy, easy alternatives to dissatisfying or overpriced grab-and-go meals. These nutritionally balanced recipes are perfect for making ahead. Anna Helm Baxter reveals the keys to layering ingredients to maximize freshness and texture for a hearty and satisfying dish or snack. Tips and tricks include instructions on designing salads in a jar with recipes for raw salads, side salads, meal salads, snacks, and desserts.

Taking the mystery out of making nutritious meals that your kids will love, *The Organic Lunchbox* has a variety of options that are sure to tantalize even the most finicky taste buds. Divided into categories, including Breakfast for Lunch, Hot or Cold, Vegetables on Parade, Soups and Sandwiches, and Something Not Too Sweet, you’ll find fun and often finger-friendly fare such as: Classic mini pizzas Broccoli cheese soup Sweet potato chips Crunchy French toast fingers Meatloaf cupcakes Lemon-lime gel with blueberries The easy-to-follow recipes, many of which are geared to kid- or family-friendly preparation, will include peanut-free and tree nut-free options. In addition, *The Organic Lunchbox* will include information on purchasing and utilizing organic ingredients and tips on which types of food are most

healthful and consistent for the organic designation. Lawrence also offers helpful suggestions for making kid-size portions, serving options, and storing until they’re ready to be packed into a lunchbox.

You don’t need to be a vegetarian to eat like one! With over 100 recipes, the New York Times bestselling author of *Dinner: A Love Story* and her family adopt a “weekday vegetarian” mentality. NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY TIME OUT AND TASTE OF HOME • “Whether you’re vegetarian or not (or somewhere in-between), these recipes are fit to become instant favorites in your kitchen!” —Molly Yeh, *Food Network* host and cookbook author Jenny Rosenstach, creator of the beloved blog *Dinner: A Love Story* and Cup of Jo columnist, knew that she wanted to eat better for health reasons and for the planet but didn’t want to miss the meat that she loves. But why does it have to be all or nothing? She figured that she could eat vegetarian during the week and save meaty splurges for the weekend. The *Weekday Vegetarians* shows readers how Jenny got her family on board with a weekday plant-based mentality and lays out a plan for home cooks to follow, one filled with brilliant and bold meat-free meals. Curious cooks will find more than 100 recipes (organized by meal type) for comforting, family-friendly foods like Pizza Salad with White Beans, Cauliflower Cutlets with Ranch Dressing, and Squash and Black Bean Tacos. Jenny also offers key flavor hits that will make any tray of roasted vegetables or bowl of garlicky beans irresistible—great things to make and throw on your next meal, such as spiced Crispy Chickpeas (who needs croutons?), Pizza Dough Croutons (you need croutons!), and a sweet chile sauce that makes everything look good and taste amazing. The *Weekday Vegetarians* is loaded with practical tips, techniques, and food for thought, and Jenny is your sage guide to getting more meat-free meals into your weekly rotation. Who knows? Maybe like Jenny’s family, the more you practice being weekday vegetarians, the more you’ll crave this food on the weekends, too!

Yum-Yum Bento is back with 52 more easy seasonal-themed bento lunches. From the depths of winter to the height of summer, a beautiful lunch can brighten any day. Japanese bento boxes are portable and pretty meals packed with healthy portions and plenty of cheer. And they’re outrageously cute! With Yum-Yum Bento All Year Round, you’ll fall in love with 52 tasty, in-season lunches. Spring into make-ahead action with packing tips, tutorials, side dish recipes, and more. From summer Sunshine Smiles to Christmas Gingerbread Friends, there’s a bento just perfect for your lunchbox today. Selections from the Table of Contents: Springtime Fun: Easter Chicks Dainty Daffodils Green Pea Brothers Summertime Splash: Rainbow Sushi Cheerful Crab Seashell Fun Fall Frenzy: A Pear Anywhere Fried Rice Jack-o-Lantern Pumpkin Twins Winter Wonderland: Tomato Santas Rudolph the Red-Nosed Bagel Penguin Elves From the Trade Paperback edition.

#### The Science of Skinny Cookbook

#### The Love and Lemons Cookbook

#### Vegan on the Go

#### Southern Living Annual Recipes 2012

#### Once Upon a Chef: Weeknight/Weekend

#### The Complete Salad Cookbook

#### Bento Power

#### Recipes for Lettuce and Life

**50+ Tasty Solutions to the Eternal Workday Dilemma: “What Should I Have for Lunch?”** Tackling your midday cravings has never been easier, thanks to Talia Koren’s debut cookbook. The founder of the meal plan subscription service and blog *Workweek Lunch* shares her secret tricks for saving time, money and stress by meal-prepping lunches you can’t wait to eat. Skip waiting in line for expensive takeout and make one of Talia’s dozens of mouthwatering, easy-to-pack recipes instead. Each recipe is designed to be cooked in bulk, so you can get all of your cooking for the week done in just one afternoon. With your meals ready to grab and go, you’ll love sleeping in a little longer before your morning commutes. There are tons of tasty dishes to whip up, like a hearty Italian Turkey Meatball Orzo Bowl or some cheesy Kimchi Mushroom Quesadillas. No microwave at work? No problem! Talia’s got you covered with options like Turmeric Chickpea Avocado Sandwiches and Chicken Banh Mi-Inspired Wraps. Busy week? Try one of her satisfying low-maintenance meals, like the Chorizo Sweet Potato Black Bean Skillet, or plan ahead with a freezer stash option like Veggie Chili Mac ‘n’ Cheese, which is specifically designed for you to make then reheat on hectic days. Talia also shares smart storage and reheating tips, as well as innovative ways to remix your meal preps throughout the week, guaranteeing that your lunches stay fresh and never boring. Whether you’re trying to save cash, free up some extra time or are just seeking exciting new meals to brighten up your midday routine, level up your workweek with these lunches!

Nourishing and comforting plant-based recipes to boost your energy, help you sleep, and brighten your mood. So many of us go about our busy lives without eating wholesome food. Yet without giving our body what it truly needs to fuel us through the day (and night), we get ill, feel low, and have trouble sleeping. In *The Self-Care Cookbook*, plant-based chef Gemma Ogston introduces us to eating as the ultimate form of self-care, whether you’re a full-time vegan, flexitarian, or just looking for simple recipes developed with wellness in mind. Each recipe has been crafted to nurture your body and mind. Organized by some of the core goals of self-care routines—Restore, Rebalance, Reflect, and Renew—*The Self-Care Cookbook* demonstrates countless ways to embrace your mood and understand your body’s needs through recipes as well as activities outside of the kitchen. With over 60 delicious meals including Firey Bean Stew for the days you feel under the weather, Calming Miso Pasta to give your gut flora a super boost, and Indulgent Chocolate Pudding (because you deserve it), *The Self-Care Cookbook* is for anyone who needs some extra TLC and finds comfort in creating heartfelt, cozy meals—whether it’s dinner for one or a meal shared with the people you love.

**NEW YORK TIMES BESTSELLER** • 70 quick-fix weeknight dinners and 30 luscious weekend recipes that make every day taste extra special, no matter how much time you have to spend in the kitchen— from the beloved bestselling author of *Once Upon a Chef*. “Jennifer’s recipes are healthy, approachable, and creative. I literally want to make everything from this cookbook!”—Gina Homolka, author of *The Skinnytaste Cookbook* Jennifer Segal, author of the blog and bestselling cookbook *Once Upon a Chef*, is known for her foolproof, updated spins on everyday classics. Meticulously tested and crafted with an eye toward both flavor and practicality, Jenn’s recipes hone in on exactly what you feel like making. Here she devotes whole chapters to fan favorites, from Marvelous Meatballs to Chicken Winners, and Breakfast for Dinner to Family Feasts. Whether you decide on frozen-sweet Barbecued Soy and Ginger Chicken Thighs; an enlightened and healthy-ish take on Turkey, Spinach & Cheese Meatballs; Chorizo-Style

*What you feel like making. Here she devotes whole chapters to fan favorites, from Marvelous Meatballs to Chicken Winners, and Breakfast for Dinner to Family Feasts. Whether you decide on sticky-sweet Barbecued Soy and Ginger Chicken Thighs; an enlightened and healthy-ish take on Turkey, Spinach & Cheese Meatballs; Chorizo-Style*

*or Breaded Chocolate Pudding that comes together in under thirty minutes, Jenn has you covered.*

**Easy recipes for satisfying make-ahead salads, dressings, and veggie-packed meals, each 30 minutes or less to prepare, with 10 ingredients or fewer** Eating lunch “al desko” doesn’t have to mean frozen burritos or pricey takeout. *Lunchbox Salads* shares easy, affordable, substantial, and vibrant salad inspiration for every workday (and for dinner and weekends, too!). These creative recipes use 10 or fewer easy-to-buy ingredients and take no more than 30 minutes to make; those that contain meat can be made vegetarian and always keep the focus on healthy veggie-strong eating. Each recipe yields 2 substantial portions to support energy throughout the afternoon, and everything will keep for up to 2 days in the fridge (with specific packing instructions to avoid soggy leaves at lunchtime). Each chapter focuses on a different hero vegetable (like squash, carrot, red pepper, beet, cabbage, and zucchini); the recipes are easy to customize for different dietary preferences and are suitable for vegetarians and meat-lovers alike.

#### Minimalist Baker’s Everyday Cooking

#### Lunch Hacks to Squeeze More Nutrients Into Your Day

#### Fast, Easy, Affordable—Anytime, Anywhere

#### The 5-Minute Salad Lunchbox

#### Easy Healing Plant-Based Recipes

#### The Food Medic

#### Salads

#### Packed

The highly anticipated cookbook from the immensely popular food blog *Minimalist Baker*, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the *Minimalist Baker* blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes: • Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare. • Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap • Essential plant-based pantry and equipment tips • Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements *Minimalist Baker’s* Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

*Lunches You’ll Love*. Get your copy of the best and most unique lunch recipes from *BookSumo Press!* Come take a journey with us into the delights of easy cooking. The point of this cookbook and all our cookbooks is to exemplify the effortless nature of cooking simply. In this book we focus on Lunch. The *New Lunch Cookbook* is a complete set of simple but very unique Lunch recipes. You will find that even though the recipes are simple and easy, they are quite amazing. So will you join us in an adventure of simple cooking? Here is a Preview of the Lunch Recipes You Will Learn: 7-Ingredient Caprese Salad Genoa Sandwiches Italian Chicken Breast with Lemon Vinaigrette Maria’s Spring Salad Skytop PB Wraps Summer Brunch Wraps Easy Souvlaki Wrap with White Sauce Memphis Brunch Wraps New Hampshire Crab Salad Wraps Colorado Springs Chicken Sandwiches Curry Jalapeño Sandwich Spread Patty’s Simple Autumn Sandwiches Hot Taco Scops Ononagga Territory Tacos Southwest Quiches Panini Muiy Buena Bonard Tuna Panini Wendy’s Lunch Box Mux, much more! Again remember these recipes are unique so be ready to try some new things. Also remember that the style of cooking used in this cookbook is effortless. So even though the recipes will be unique and great tasting, creating them will take minimal effort! Related Searches: Lunch cookbook, Lunch recipes, Lunch recipe book, caprese cookbook, caprese recipes, lunch

A comprehensive guide to the art and history of the sandwich, featuring need-to-know sandwich recipes, preparation tips and tricks, and fun facts How do you keep a Dagwood from toppling over? What makes a Po – Boy so crispy and crunchy? And who was the genius that invented the Fluffernutter? Discover these answers and more in *The Encyclopedia of Sandwiches*—a chunky little cookbook dedicated to everything between sliced bread. Author Susan Russo has searched the globe to catalog every sandwich imaginable, providing tried-and-true recipes, tips and tricks, and fascinating regional and historical trivia about the best snack of all time. Quick how-to instructions will ensure that every Panini is toasted to buttery perfection, every Sloppy Joe is deliciously sloppy, and every Dagwood is stacked to perfection! *The Encyclopedia of Sandwiches* is essential reading for sandwich connoisseurs everywhere.

Cook quick and easy delicious meals to enjoy at home. The perfect gift for busy people who want to make simple but satisfying home cooked dinners. The Roasting Tin has recipes for 75 delicious one-dish dinners ranging from chicken traybakes to supergrains. The concept is simple: easy ingredients, a few minutes prep, and let the oven do the work. Each chapter also includes a helpful infographic for how to build your own roasting tin dinner using whatever is in your fridge tonight. These recipes are for anyone who wants to eat nutritious food made from scratch. A brilliant buy for anyone who wants to cook with minimal effort, equipment or cooking knowledge! Independent *THE SWEET ROASTING TIN, THE LATEST IN THE MILLION-COPY-SELLING ROASTING TIN SERIES, IS OUT NOW \*\*AS SEEN ON CHANNEL 4\*\**

#### Happy, Healthy & Speedy Salads to Make in Minutes

#### We Laugh, We Cry, We Cook

#### Our Best Bites

#### Vibrant & Healthy Recipes to Brighten up Your Day

#### More than 100 Fast, Fresh, Filling Salads for Every Weekday

#### 68 Recipes for Salads and Dressings | A Cookbook

#### Easy, Delicious Meals to Meal Prep, Pack and Take On the Go

#### Happy, Healthy and Speedy Meals to Make in Minutes

*Make mealtimes healthier and more mindful with beautiful, balanced bento boxes. A carefully assembled bento box can bring joy to even the most stressful day. Learn the craft of bento, eat well, and save money with this introduction to the Japanese style of boxed lunch. With a mix of Japanese, Chinese, and fusion bentos, there are recipes to appeal to every palate. Prepare one of 30 bento box meals, or mix and match over 60 different recipes to create your own bento box combinations. Helpful tips for prepping ahead and making efficient use of kitchen time means you can have beautiful bentos packed and ready to go quickly each morning. -Something for everyone—includes meat, poultry, and fish bentos as well as vegetarian and vegan options. -Easy to prepare—simple recipes with clear instructions and easily sourced ingredients -Low cost—save money by preparing bento meals at home instead of eating out -Calorie conscious—built-in portion control with fewer than 500 calories per bento box meal*

**SALADS TODAY SPECIAL PRICE - 365 Days of Salad Recipes (Limited Time Offer)** 365 Days of Salad Recipes is mainly designed to make each and every cook book lover relish the fine dining vegetarian dishes at home. It is also about feeling great, having more energy, stabilizing your mood, and keeping yourself as healthy as possible. These things can be achieved by learning some nutrition basics and using them in a way that works for you. In *Salad 365 Healthy Recipes*, the author provides 365 healthy recipes for people who are searching for a healthier life. *Salad offers several advantages: \* Salad can build your hydration level. Most veggies are greater part water, so when you consume them you naturally hydrate your body. \* High fiber salads consumed before a dinner have a tendency to help you devour less of the higher calorie nourishments served subsequently. This fiber completion symptom will help you get thinner. \* Low Calories. If you plan to be more fit and if healthy life is your objective, you may need to begin your meals with a green salad. \* Salads are delicious, and we can mix them in many different combinations. Salad also has many advantages, so the more of them you have, the healthier you will be. The cookbook includes the best recipes which the writer has tested and even gives you various cooking options through the oven, microwave and stove. In addition to mouthwatering recipes like: Barbecue salad with spice mix Green mango salad Green mango salad Anchovy salad The book has the best and most efficient steps that a housewife needs to present her magic in the kitchen. Everyone can enjoy the best dishes and perfect taste. Thus prepare the best 365 days of Salad recipes and keep your health sustained. Get your copy today and enjoy delicious, healthy and mouth watering salads recipes.*

Published since 1979, *Southern Living Annual Recipes* provides every single recipe from a year’s worth of *Southern Living* magazine in one complete volume. From large, family-style meals, to easy-to-pull-together weekend brunches, to everyday family-pleasing treats—with gorgeous photographs, step-by-step instructions, and more than a dash of genteel Southern charm and style—the book includes dozens of menus and over 100 step-by-step photographs from the renowned *Test Kitchen* professionals at *Southern Living*. This hefty volume serves as a cookbook as well as a reference book. The step-by-step recipes are clear and easy to understand, and each one is accompanied by cook and prep times to help the home cook schedule time perfectly. The book includes attractive full-color photographs as well as over 100 step-by-step photos that make recipes accessible for home cooks on any level.  *Cookbook exclusives include: “Test Kitchens Notebook” insider tips from Southern Living Foods Editors and Test Kitchen staffers “Cook’s Notes” reader comments about their favorite recipes Bonus recipes not found in the 2012 magazine, including “Test Kitchen Favorites” of some Southern Living Annual Recipes is complete with the kind of cozy, Southern distinction that truly draws readers in and has made this annual a much anticipated favorite of Southern readers for over 30 years.*

‘Community completely changed my understanding of how vegetables can be used, and even how they’re supposed to taste.’ *Community loves salads firmly to the centre of the plate, injecting colour, life and flair into everyday vegetables, and showing you how to achieve exciting flavours and hearty main meals with simple, nourishing ingredients. These are the kind of recipes you will want to share with your family, friends and neighbours, time and time again. Originally released in 2014, Community became an instant classic and favourite in kitchens all over Australia and around the world, creating a community of salad-lovers who are passionate about cooking and sharing vegetables. In this revised edition, Hetty shares 20 new recipes and some of those readers’ stories - with accompanying interviews and beautiful imagery - to give the book back to the fans who made it such a phenomenon. New recipes include: Roasted sweet potato with lime cashew cream and roasted curly cashews; Butternut pumpkin with lemon tahini and miso granola; Whole roasted cauliflower with toasted farro and romesco sauce; Roasted cabbage with lentils and pumpkin seed brown butter; Pasta alla norma salad; Charred cos lettuce with lemony mushrooms, chickpeas and marinated feta. This is simple but generous food that you will want to make every night of the week, for those you love.*

#### 60 New Ways to Turn Salad Into Dinner | A Cookbook

#### Healthy, Quick & Easy Bento Box

#### The Little Book of Lunch

#### Recipes, History, and Trivia for Everything Between Sliced Bread

#### The Organic Lunchbox

#### Brilliantly Balanced Lunchbox Recipes

#### 100 Recipes That Can Be Made in Minutes

#### Simple One Dish Dinners

100 Satisfying salads to get you to mealtime in no time Salads are a great quick, healthy go-to meal—but the same lettuce and dressing options can feel repetitive fast. Toss in some variety with the Simple Salad Cookbook’s creative and nourishing recipes. With a few ready-made staples and basic techniques, you can create delicious, fresh salad masterpieces in less than 10 minutes—perfect for your busy life. This salad cookbook includes handy lists of pantry and equipment staples, along with a seasonal eating chart that makes it a snap to set up your kitchen for salad success. 100 recipes require minimal prep and use easy-to-find ingredients with a focus on healthy foods, including both animal and plant-based proteins. Whether you are serving salad as a side dish or the main event, this salad cookbook will bring nourishment—and major flavor—to your table. Simple Salad Cookbook features: Keep it simple (or not!)—Make salads fast with prepackaged fresh veggies and other store-bought ingredients—or do it yourself with mini bonus recipes that let you start from scratch. 100 Fresh Recipes—This salad cookbook lets you pick from a huge variety of leafy salads, veggie salads and slaws, grain and bean salads, pasta salads, tofu salads, and seafood and meat salad meals. Flexible and customizable—Helpful labels highlight dietary preferences, and many recipes include easy substitutions for ingredients you might not have on hand. Healthy, hearty, flavor-packed meals are easier than ever with Simple Salad Cookbook.

Many people bring their lunch to work to save money, time and to help control what they are eating (with no hidden nasties from processed shop-bought food), but sometimes it’s hard to think of interesting, nutritious things to make. Sara has come to the rescue with her vibrant, fun and inspirational approach to lunch boxes. She concentrates on having 5 clear elements: complex carbs, protein, fruit and veg, and sprinkles as well as the 5 colours used in authentic Japanese cooking: red, white, black, yellow and green. With just a few essential ingredients, you add your extras to create highly nutritious, vegetarian, colourful bowls of joy. Sara includes ideas for lunch breakfast boxes (Sesame Snap Granola Bento and Mighty Muesli), 15-minute bento (Busy Days Instant Noodles and Lazy Tamago Bento), Everyday bento (Red Velvet Quinoa Bento, Green Themo Bento and Zen Bento) and the Fantasy Bento (Starry Sky Bento and Fairy Jewel Box Bento). With tips on how to stock your bento cupboard and basic ingredients and recipes to get you going, now is the time for bento to bounce into your breakfast, lunch box, or even into your dinner parties, filling you with Bento Power!

#### www.shisdolicious.com | shisdolicious

An organic chemist and nutritionist, who lost more than 100 pounds by applying what she’d learned in the lab to what she put on her plate, offers family-friendly recipes that feature whole foods and are devoid of artificial sweeteners and chemical additives. Original. 15,000 first printing.

#### Meet Sara and Kate, two Mormon girls who love to cook.

#### 100 Recipes & Ideas to Reclaim the Lunch Hour

#### Mandy’s Gourmet Salads

#### Bento

#### Mormon Moms in the Kitchen

#### Eat Clean, Play Dirty

#### Whole-Grain Mornings

#### The New Lunch Cookbook

#### 100 Super Easy, Super Fast Recipes

Lunches You’ll Love. Get your copy of the best and most unique Lunch recipes from *BookSumo Press!* Come take a journey with us into the delights of easy cooking. The point of this cookbook and all our cookbooks is to exemplify the effortless nature of cooking simply. In this book we focus on Lunch. The *New Lunch Cookbook* is a complete set of simple but very unique Lunch recipes. You will find that even though the recipes are simple, the tastes are quite amazing. So will you join us in an adventure of simple cooking? Here is a Preview of the Lunch Recipes You Will Learn: 7-Ingredient Caprese Salad Genoa Sandwiches Italian Chicken Breast with Lemon Vinaigrette Maria

“Eat Happy? I’m always happy when I eat Melissa’s food!” GARY BARLOW “I adore Melissa and her food. This is carefree, quick cooking with a sense of fun, and just happens to be good for you.” ANNA JONES “I’m a huge fan and love how Melissa champions the message that good healthy food needn’t be complicated, scary or time-consuming with “dreamy” recipes.” FEARNE COTTON “Don’t think I’ve ever met anyone with such passion, love and joy for food. She’s amazing.” GIOVANNA FLETCHER “Delicious quick and easy meals with a Hemsley twist. Bestselling home cook and co-author of *The Art of Eating Well* and *Good + Simple*, Melissa Hemsley of Hemsley + Hemsley, presents flavourful and veg-packed dishes. Featuring supermarket ingredients, simple methods, and tips and tricks to make no-fuss great food, *Eat Happy* is designed to see you through the whole week - tempting breakfasts to family dinners and lunches, as well as party food, snacks, baked desserts, drinks, and simple, healthier versions of takeaway favourites. Comfort and indulgence are at the heart of Melissa healthy food, with plenty of ideas for everyday meals, batch cooking, cutting down on kitchen waste, and dishes that can be enjoyed for supper and leftovers for a packed lunch. Amongst the 120 brand-new recipes are: Breaded Chicken Katsu Curry, Sesame Salmon with Miso Veg Traybake, Roast Carrots with Pomegranate Molasses and Pistachios, Coconut Chocolate Clusters and Ginger Fruit Loaf. These are delicious alternatives and satisfying treats that encourage even the most time-poor cook to take pleasure in healthy fast food that puts taste first.

An overwhelmingly gorgeous book, packed with simple and delicious recipes for salads and more from Montreal’s favourite gourmet salad restaurant! There’s nothing a Mandy’s salad can’t fix. Want an explosion of colour, texture, flavour and fabulousness? Look no further. Inside the pages of this stunning cookbook (and this list of recipes for hearty salads features such options as charred broccoli and lentil salad, spring vegetable panzanella, grilled lobster salad with lemon-thyme butter, and curried chicken, grape and cheddar salad. Any school child can make a salad, but you’re looking for something that can carry the day as a one-bowl lunch or dinner. Dressing on lettuce isn’t going to cut it. The editors

of *Food52* present a collection of recipes for hearty salads you can use as jumping-off points for your own culinary experimentation.

Sometimes all you need is a little spark of inspiration to change up your regular cooking routine. The *Love & Lemons Cookbook* features more than one hundred simple recipes that help you turn your farmers market finds into delicious meals. The beloved *Love & Lemons* blog has attracted buzz from everyone from bestselling author Heidi Swanson to *Savour Magazine*, who awarded the blog Best Cooking Blog of 2014. Organized by ingredient, The *Love & Lemons Cookbook* teaches readers how to make beautiful food with what’s on hand, whether it’s a bunch of rainbow-colored heirloom carrots from the farmers market or a four-pound cauliflower that just shows up in a CSA box. The book also features resources to show readers how to stock their pantry, gluten-free and vegan options for many of the recipes, as well as ideas on mixing and matching ingredients, so that readers always have something new to try. Stunningly designed and efficiently organized, The *Love & Lemons Cookbook* is a resource that you will use again and again.

#### Essential Lunches to Brighten Your Day

#### 175 Healthy Recipes to Help You Stop Dieting—and Eat for Life!

#### Recipes for a Body and Life You Love by the Founders of Sakara Life

#### Over 60 Simple Recipes for 30 Lunch Box Meals Under 500 Calories

#### A Mom and Daughter Dish about the Food That Delights Them and the Love That Binds Them

#### An Apple-Zucchini Celebration of Impromptu Cooking

#### Damn Delicious

#### Love Your Lunchbox

The debut cookbook by the creator of the wildly popular blog *Damn Delicious* proves that quick and easy doesn’t have to mean boring. Blogger Chungah Ree has attracted millions of devoted fans with recipes that are undeniable ‘keepers’—each one so simple, so easy, and so flavor-packed, that you reach for them busy night after busy night. In *Damn Delicious*, she shares exclusive new recipes as well as her most beloved dishes, all designed to bring fun and excitement into everyday cooking. From five-ingredient Mini Deep Dish Pizzas to no-fuss Sheet Pan Steak & Veggies and 20-minute Spaghetti Carbonara, the recipes will help even the most inexperienced cooks spend less time in the kitchen and more time around the table. Packed with quickie breakfasts, 30-minute skillet sprints, and speedy takeout copycats, this cookbook is guaranteed to inspire readers to whip up fast, healthy, homemade meals that are truly “damn delicious!”

Becky Johnson and her daughter Rachel Randolph come from a long line of laughter. The female side of her family tie is dotted with funny storytellers, prolific authors, hospitable home cooks, and champion farmers. In *We Love, We Laugh, We Cook*, Becky—*a* butter and bacon loving mama—and Rachel—*a* vegan bean eating daughter—share stories of their crazy, wonderful, and sometimes challenging lives as Rachel becomes a mother herself. Becky is messy; Rachel craves order. Becky forgets what month it is; Rachel is an organizational genius. (At least before baby arrives.) Sprinkled throughout are the lip-smacking, nourishing recipes they love to make and share. From food for a family reunion of thirty, to lunch for a party of one in a high chair, to a hot meal for a sick friend, the authors demonstrate care, acceptance, and love to others through the bonding gifts of humor, attentive listening, and cooking ... whether diners prefer beer or tofu in their stew.

The cookbook that no desktop gourmet can do without. Homemade lunches needn’t be boring or repetitive. Live things up with these creative recipes, that are also easy on the wallet. From super noodles to nutritious salads, belly-filling sarnies, or snack-time treats, there’s a recipe for every situation. James Ramsden, creator of the Secret Larder supper club and author of *Do-ahead Dinners*, has applied his practical do-ahead ethos and talent for inventive and satisfying flavour combinations to give you the ultimate lunchtime menu with 101 different options. Photography by renowned food photographer, Martin Poole.

The beautiful, internationally acclaimed guide to turning your midday meal into a masterpiece—featuring 100 easy, inexpensive, delicious recipes designed to be made ahead of time with just a few ingredients. There’s something depressing about “running out” to “grab lunch.” Sandwiches, soups, salads, sushi: the choices are overwhelming. But when’s the last time you really enjoyed eating lunch while hunched over your keyboard? That’s why Caroline Craig and Sophie Mising have reclaimed the noon hour for all those who love a tasty bite. Dining “al desko” doesn’t have to mean another weary forklift of a sad salad. Instead, lunch can be one of life’s great simple pleasures—especially when it’s made at home in just a few minutes, from ingredients you have on hand. Craig and Mising know firsthand the challenges of busy schedules, tiny salaries, and no spare time. They share their hard-won wisdom in 100 recipes littered with time-saving techniques and tips to make each meal special—plus weekly menus and Sunday shopping lists to make it all that much easier. The *Little Book of Lunch* features clever approaches to classics, making them easy for transportation; delicious at room temperature; and quickly assembled for when you barely have five minutes, or for when the cupboard are bare. It includes: • Wholesome, healthy salads like tabouleh and the miracle “rainbow rescue” bowl • Make-ahead meals like grilled halloumi, vegetable and avocado couscous • Inspired twists on tuna salad and the BLT from the Sandwich Hill of Fame • Quick soups like “faux pho” and spicy lentil and coconut •

#### Sweet treats to bribe colleagues, like salted caramel brownies

#### Over 50 Make-Ahead, Delicious Box Lunches

#### Salad in a Jar

#### Love Your Lunches

70 Quick-Fix Weeknight Dinners + 30 Luscious Weekend Recipes: A Cookbook

A Fresh Guide to 200+ Vibrant Dishes Using Greens, Vegetables, Grains, Proteins, and More

The Self-Care Cookbook

Simple Salad Cookbook

The Roasting Tin

Junior Doctor, personal trainer and Instagram hit Dr Hazel Wallace's first book brings you over 70 nutritional recipes to look and feel amazing whilst debunking the diet myths. I'm a girl who juggles two jobs, who loves to lift, who adores real food - and can't resist chocolate. As a junior doctor and a personal trainer, I know that we all feel our best when we are free of illness, full of energy and at a healthy weight - and I know it can be done, even if you lead the busiest of lives! I want to debunk the myths that are out there surrounding dieting and instead offer solid, evidence-based advice. I want to bridge the gap between mainstream medicine and nutrition and help you take full control of your fitness and wellbeing, so you will never have to diet again. I want to show you that eating the most natural, unrefined and unprocessed wholefood ingredients can be enjoyable, uncomplicated and easy to incorporate into a busy lifestyle. I want this book to change your life.' Hazel x

Fun, flavour-packed 'al-desko' ideas for every working day! Invest in a lunchbox you love and fill it with these amazing recipes. They are packed with flavour and nourishment to keep you happy and your stomach content. Food-loving Naomi and Anna are trained chefs and have poured their lunchmaking-wisdom into this handy book, ensuring their recipes take no more than 30 minutes to make, transport well and will last up to 2 days in tupperware. Recipes are suitable for vegetarians, vegans and meat-lovers. And there are loads of tips to help you customize recipes to your heart's delight.

Get healthier, happier, and your lunch salad organized in record time. All you need is this book and nine minutes of your morning. These fifty-two recipes are a comprehensive range of diverse salads, including vegan salads, grain salads, zoodle, and seafood salads. Expect myriad flavors from across the globe. Imagine a Vietnamese-style chicken coleslaw, Mexican-spiced quinoa salad, or a Japanese(ish) combination of edamame and chickpeas with avocado-lime dressing. Do you know what Korean-style bibimbap is? This diverse cookbook explains, alongside its foolproof recipe. Sometimes preparing your food for the impending day can feel impossible. You opt for the easy way out: buying lunch. Often this is less healthy, and always more expensive, than bringing your own to work. On the other hand, maybe you're just in desperate need of inspiration after making the same pitiable sandwich day after day (month after month... year after year). This book makes food prepping an exciting and nutritious lunch a total breeze. Lunch breaks should always be something to look forward to. A restorative breath-away from a working world of email chains, customer service nightmares, or manual labor. Your mornings will be drastically improved by the comfort of knowing that your five-minute salad awaits you. With the protein gained from any of these fifty-two salads, you can safely forgo that second afternoon coffee: this is all the energy your workday is ever going to need.

Recipes & Fitness for a Healthier, Happier You

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Every Single Recipe from 2012 - over 750!

101 Entirely Plant-based, Mostly Gluten-Free, Easy and Delicious Recipes

The 5-Minute 5-ingredient Lunchbox