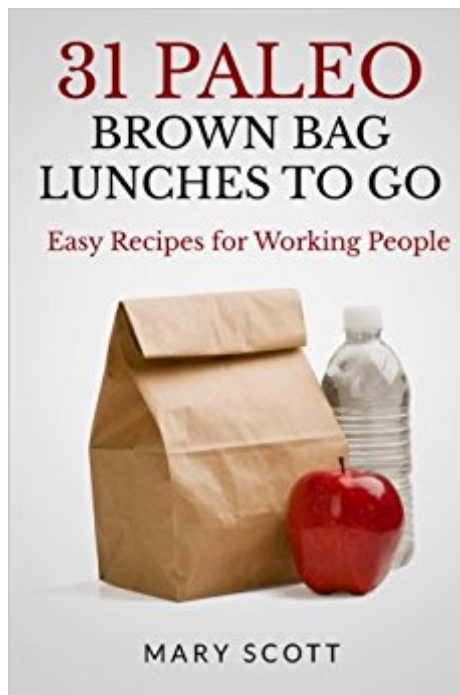




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31 Paleo Brown Bag Lunches To Go: Easy Recipes For Working People (Volume 2)



Synopsis

Searching for quick and easy Paleo lunch ideas? Search no further. With 31, under 30-minute recipes, this book is perfect for the work force. Featuring 13 salads (both green and mixed), six wraps, three sandwiches, and more, you are sure to find plenty of delicious, healthy, simple meals to make your work-week easier. Each recipe includes: • Serving size, • Exact ingredients and measurements, • Step-by-step directions, and • A touch of nutritional information With such variety included here, you are sure to find favorites and staples to help you keep lean.

Book Information

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Customer Reviews

There are some awesome recipes in here, but there are definitely NOT brown bagging it, I am a single mom and work for the UDWR so I am out in the field working so I truly need something on the go and these recipes are not on the go and take a lot of time and effort to prepare for the most part. Which for my life, I need quick and easy but still healthy, only a few of these recipes fit the bill.

Disappointing for \$8.00 and shame on me. It says 31 recipes, and there are literally 34 pages with recipe info on them and the book is only 38 pages total. I would never spend \$8 again for such little information. One recipe says "one serving of your favorite Paleo dressing" (presuming you have one yet). Another recipe calls for "paleo bread". Let me save you time... take your favorite recipe that has seasonings, veggies, and meat and serve it over lettuce that is laid out, chopped up, or rolled over those items... done.

One of the downsides to Paleo eating is taking the time to cook and prepare. 31 Paleo Brown Bag Lunches to Go is a great collection of healthy paleo recipes that you can take with you so you can stick to your paleo diet when you're working. Nice collection, easy read. Recommended for anyone looking to improve their health and meal planning.

I am totally inspired to pack my own healthy lunch, almost every single recipe in this book looks so good. Some of my favorites are "Chicken Piccata" "Sweet Chicken Salad" "Pomegranate, Fennel, & Arugula Salad". Many of these recipes would serve as great dinner dishes.

No pictures, not that great of recipes

Not much of a guide for bag lunches. My other Paleo cookbooks gave many better ideas. Very small, not worth buying if you are really serious about eating a Paleo diet.

Gives me some options for lunch.

Good start to getting down some lbs

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