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# The Mix-and-match Lunchbox: Over 27,000 Wholesome Combos To Make Lunch Go Yum!



## Synopsis

Turn your child's school sack lunch into something both healthy and creative. With an easy-to-read setup, The Mix-and-Match Lunchbox adds variety to your homemade lunches. The spiral binding and split pages allow for thousands of possible combinations! Just pick one recipe from each category (protein, grains, and fruits/vegetables), and you can be sure that every lunch contains a healthy balance of taste and nutrients. "

## Book Information

Hardcover: 200 pages

Publisher: Familius; Spi edition (August 9, 2016)

Language: English

ISBN-10: 1942934661

ISBN-13: 978-1942934660

Product Dimensions: 7.9 x 1.2 x 11 inches

Shipping Weight: 2.4 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 11 customer reviews

Best Sellers Rank: #190,127 in Books (See Top 100 in Books) #42 in [Books > Cookbooks, Food & Wine > Special Diet > Cooking for Kids](#) #102 in [Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Burgers & Sandwiches](#)

## Customer Reviews

With The Mix + Match Lunchbox you can create 27,000 wholesome combos...SURELY even your pickiest eater will find a few to love. -- Kelly Lester, MOM & CEO of Easy Lunchboxes

Cherie Schetselaar has a passion for superfood. Anything nutrient-rich superfoods like quinoa and chia seeds can be used for, you better bet Cherie has tried it. From breakfast cereals to dinner dishes to desserts, she is the expert at incorporating the good-for-you ingredients. She "healthifies" her cooking with healthy fats, cuts down on sugar, and doesn't use processed foods. Cherie is a fabulous cook and the mother of seven children. All of them, and her husband, have been used as guinea pigs for trying out the best recipes. Britney Rule is a mother with four very picky children. She is the coauthor of "Grain Crazy" and Quinoa Crazy and the author of the popular blog, Grain Crazy. She resides in Utah.

I have more cookbooks than most people use in a lifetime, and I have never come across one like

this before! The concept is the same as those little kid books you can get where the page is divided into three pieces, and you can mix and match various animal or people parts to make goofy looking pictures...this is divided the same way. I can flip over the part for the dessert and keep the part of the main meal, and then flip the part for the salad and come up with a totally new meal. It gives you hundreds and thousands of possibilities that a book this size otherwise could not. Fantastic and fun idea! My kids have been looking through it all week, inventing which mix and match lunches they want for school!

This is such a great book. It was first suggested to me by a friend who has very picky eaters. She told me that this book offered many choices and that really helped her picky eaters to feel like they are in control of their lunches. My children really enjoy looking to this book and getting ideas for their meals. My personal favorite recipe is the nut clusters. I also love all the ideas it gives you for packing a lunch. Thanks this book, my seven-year-old now requests a salad with lots of health toppings for lunch. This book is a must-have for any parent who is trying to mix up the lunch menu with more kid empowered meals.

Love this book!! Great new ideas and recipes for lunch! I can't wait to pack lunches next week!

This book is fun to use, my 2 year old daughter loves flipping through the pages. This book is helpful and full of good information on eating healthy. This book has delicious recipes, but I only wish it had more. There are tons of ideas on how to pack a healthy lunch for your school children.

So many delicious ideas.

This book is exactly what I've been looking for! My kids are always in the kitchen helping me, in fact they love cooking so much that I can let them take over dinner preparation. When it comes to lunch, they are just as helpful, but they want to prepare dinner recipes. Lunch needs to be quick but still healthy. I was nearly ready to collect images of lunchboxes from blogs and print them out so they could see simple, quick ideas. Then I came across this book at Deseret Book. Perfect! The split pages are exactly what we need, ideas for grains, proteins, and fruit and veggies that the kids can mix and match. The first day the kids used this book was exactly as I hoped it would be. My son flipped to the quesadilla page, broccoli and ranch with strawberries, and grilled chicken bites. He realized we didn't have fresh broccoli so substituted celery sticks. He could have followed the ranch

recipe, but we had barely enough homemade ranch left for one meal. For quesadillas, he used the corn tortillas that were in the fridge instead of the flour ones in the recipe. The pictures helped him choose foods, and he used the recipes as needed but substituted where necessary. Some may find some of the pages unnecessary, such as the one for cheese, pineapple, or peaches. But these are exactly what I wanted. My kids will see the picture of the fruit and substitute what we have on hand. It's about the ideas! There are enough recipes in the book though that it's more about simple cooking than just pulling out food items. We're going to use the note cards in the back for extra ideas. We'll write our favorites that are not suggested similarly in the book and customize this for our family!

LOVE love love this book!! I seriously can't give enough praise. Lunch has always been a tough meal for me. Breakfast is pretty easy with lots of variations on oatmeal, eggs, yogurt, cereal, etc. I love cooking dinner and there are tons of great ideas (see Cherie's other cookbooks for those!) But at lunch I get stumped. It has to be fast, filling, and something my two boys will eat. PBJ's or tuna. Again. This book has changed all of that and I now look forward to putting together quick lunches for my husband, myself, and our boys! Sooo many creative, quick, delicious ideas and I love the mix and match flip pages. So far we've tried Cherie's quick quiches (which were AMAZING, packed with veggies, and so fast to put together!), parmesan bread dippers (again, so good!), and chocolate covered fruit balls (INCREDIBLE!). We've also tried a smattering of her fast and delicious salads and fruit dips. Such a fun book! My two year old asks to look at the pictures with me. We're having so much fun with this book and I definitely recommend it!! I'm totally buying a bunch to give away as Christmas gifts.

Holy cow, this book is fantastic!! I have way too many cookbooks, including a dozen lunch cookbooks. And this one is by far the BEST!!! My two girls in school, ages 10 and 7, LOVE it! They like to choose their lunches. Or if I choose their lunches, they are almost always wins. It gives me lots of ideas and options. There are so many bright perfect pictures, which is a MUST for me in a cookbook! This book includes both foods that take prep (from VERY little prep, to simple, to a little more work) and also foods that you grab from the fridge or pantry (like string cheese or sugar snap peas). I love the options in this book. This morning I made a healthier version of puppy chow, almond oatmeal balls, pears, and roasted cauliflower for my kids lunch. It's so easy. I also love the tips at the beginning of the book. I can finally keep my pears from turning brown successfully! Hallelujah!! If you are thinking about buying this book, just do it.

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