



Bring Your Lunch: Quick and Tasty Wallet-Friendly Lunches for Grown-Ups

Califia Suntree

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With over 60 delicious, healthful, unexpected recipes, BRING YOUR LUNCH ensures DIY lunchtime success—and significant weekly savings—while keeping the brown-bag doldrums away. And it doesn't matter if you're a make-ahead food planner or a harried last-minute type—with its innovative, doable strategies, cooks of all kinds can learn to overcome the obstacles that keep them hooked on expensive takeout or boring PB&Js.

There are quick Last-Minute Lunches, including salads—Kale Salad Agrodolce, Beet and Apple Salad with Walnuts and Cheese—and sandwiches—Proscuitto and Provolone Sandwich with Fig Jam, Deli Counter Banh Mi, El Turkey Club. Leftover Leitmotifs: Lamb Pita with Spicy Yogurt Sauce, Vietnamese Lettuce Wraps, Salmon & Swiss Chard Summer Rolls, Lo Mein with Garlicky Greens. Recipes that use the freezer wisely—Pumpkin Curry with Shrimp, Easy Empanadas, and other recipes are ready to go when you are. Snacks for when you want to ditch the vending machine—Tropical Fruit Energy Bars and Chickpea “Nuts.” Plus notes on essential equipment, tips for shopping and prepping, and a lunch larder of extras—Lemony Miso Dressing, Green Pea Hummus, Homemade Mayo.

It's time to end the cycle of broken lunch promises, too many trips to the taco truck, and all that money that disappears every week. It's time instead to choose to BYOL—it's healthy, wealthy, and wise, and now easy as could be.



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Joseph Singleton:

Why don't make it to be your habit? Right now, try to prepare your time to do the important action, like looking for your favorite publication and reading a e-book. Beside you can solve your short lived problem; you can add your knowledge by the book entitled Bring Your Lunch: Quick and Tasty Wallet-Friendly Lunches for Grown-Ups. Try to face the book Bring Your Lunch: Quick and Tasty Wallet-Friendly Lunches for Grown-Ups as your close friend. It means that it can to be your friend when you sense alone and beside associated with course make you smarter than ever before. Yeah, it is very fortuned for yourself. The book makes you considerably more confidence because you can know almost everything by the book. So , let us make new experience in addition to knowledge with this book.

Shawn Calvin:

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Harvey Sanchez:

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Carol Ton:

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