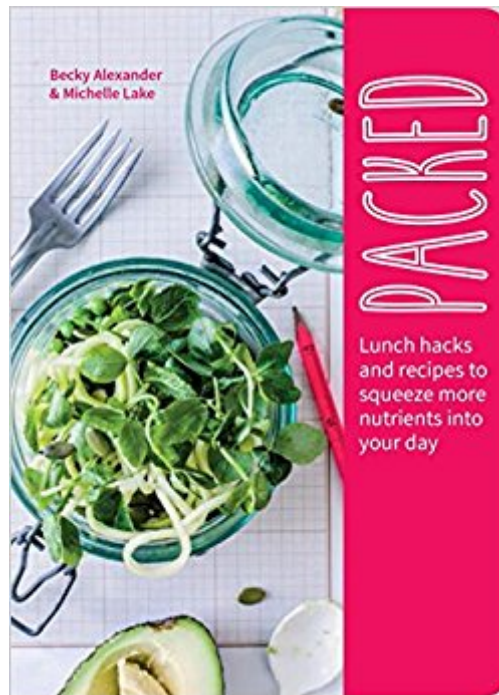




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Packed: Lunch Hacks To Squeeze More Nutrients Into Your Day



Synopsis

The workday packed lunch - so often a repetitive and disappointing affair - is easier than you think to get right; it just requires a little forward planning. Throw out the soggy sandwiches and fill your Thermos or lunch box with nutrient-packed goodies that are simple to prepare, delicious - and full of things that are good for you. Contemporary and seasonal recipes are supported by sound nutrition to bring you this hip and easy guide on lunch on the go. While food writer Becky Alexander shows you how to knock up simple and satisfying bites - from vibrant Skip to the Beet Soup to satisfying Good Mood Cookies - nutritionist Michelle Lake will explain how that lunch is doing you good. Chapters include: [Get Up and Go](#) for those breakfasts on the run [Raw Goodness](#) [salads](#) [Filling Flasks](#) of satisfying hot food [Fork-free Fare](#): sandwiches, dips and other cutlery-free eats [Snacks and Bites](#) for the inbetween times and treats By strategic shopping, making things ahead, and using your fridge and freezer craftily, creating exciting and healthy lunches every day becomes almost effortless. Health benefits of particular foods are featured throughout, so you know your blood sugar will be balanced, the nutrition will be packed in and your brain will be kept in top gear. Because work is harder when you're not fully fuelled!

Book Information

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Customer Reviews

Becky Alexander is a food writer (The Guild of Food Writers) and food book editor for

companies such as Dorling Kindersley, Penguin and Bloomsbury. She writes a fortnightly food column for *The Herts Advertiser* newspaper focussing on seasonal, local food. Becky recently appeared on a BBC Radio programme giving commuters easy ideas for their lunches. Michelle Lake DipLOn CNHC mBANT is a registered Nutritional Therapist and has been running her own busy practice, Mission Nutrition in St Albans for over 7 years. She trained for four years at the Institute of Optimum Nutrition on its internationally acclaimed nutritional therapy course. She is a member of BANT (British Association for Applied Nutrition and Nutritional Therapy) and The Nutritional Therapy Council (NTC).

just awesome recipes great ideas love it

This is a fabulous book for anyone taking a packed lunch or just wanting a different and healthier choice. We get a quick run down on ingredients like which carbohydrates are good to use, healthy fats etc. In fact it's chock full of good advice and tips! It starts with some alternatives to the morning coffee including: Hot Morning Zinger which is lemon, ginger, mint and cayenne pepper. Cucumber and Mint Infusion 1. GET UP and GO There's breakfast layer pots, hot and cold oats, muesli made easy, muffins, frittata and so many others, my favourites are: Good for you granola Coconut, pistachio-goji berry granola bars. 2. SALADS and SLAWS Here we get a huge selection of salads and dressings including: Nutty noodle salad Roasted cauliflower, chickpea, feta-pomegranate salad. Also pick n mix salads: Dressing layer Energy layer Endurance layer Deli layer Immune boosting layer Leafy goodness layer You build your salad in the above order starting with the dressing, there's so many options you could have a different salad everyday. 3. FILLING FLASKS A good selection of soups including: Spicy cauliflower and almond Immune boosting soup Creamy wild mushroom soup Spicy chickpea and red lentil. 4. FORK-FREE MEALS Sandwiches, dips, flatbreads, deli plates including: Warm roast vegetable and halloumi salad Cauliflower, green lentil and spinach curry Goats cheese dip. 5. SNACKS and BITES Crisps, popcorn, cookies including: Raw brazil nut date & cherry slice Apricot, cashew energy balls. I have to mention while I'm vegetarian this book isn't there's plenty of meat options if that's what you're looking for. It's well presented and while there's plenty of pictures there isn't one for each recipe which I normally look for in any recipe book I read but this book is so good I let that slide. I voluntarily read a review copy kindly provided by NetGalley and Nourish.

Nowadays bringing your own lunch to work is trendy. It seems everyone is on a special diet, and

bringing food from home is the best way to control what you're eating. Packed: Lunch Hacks to Squeeze More Nutrients Into Your Day is a timely cookbook with dozens of great ideas for not only taking better tasting packed lunches, but also making them healthy packed lunches. Healthy food is also trendy, so this cookbook is a win-win. There are great ideas for packaging your lunches, jars, flasks, plastics, etc., as well as how to keep lunch fresh until time to eat. The book includes lunches that can be packed in about 5 minutes, and ideas on planning and shopping ahead so that everything is on hand to make lunches for the week ahead. The book also has ideas to save calories such as using yogurt instead of mayonnaise, pesto instead of butter, and lists ingredients that generally have additives and junk that most of us want to avoid. There are ideas for salads, soups, sandwiches, finger foods, and snacks, all of them much more appetizing than what most of us are used to. There are great pictures, a great index, and great ideas. For anyone who likes to take lunch rather than buy fast food, this is one of the best books out there. It is highly recommended for those who are trying to eat healthy, and are tired of plain, boring sandwiches. All told, this is an excellent book for everyone. The recipes and ideas are easy to understand and follow, and there are enough ideas in the book that everyone will find something useful for their personal lunch needs. Special thanks to NetGalley for supplying a review copy of this book.

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