



Weelicious Lunches: Think Outside the Lunch Box with More Than 160 Happier Meals

By Catherine McCord

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Easy, healthy, and fun lunch ideas for every age!

Once kids walk out the door for school, all bets are off. Will your son toss the nutritious food you've included and jump right to the treats? Will your daughter trade her sandwich for her best friend's prepackaged meal? Determined to improve what kids eat both at school and on the go, weelicious.com founder Catherine McCord offers innovative solutions for quick, delicious, easy-to-make, kid-friendly lunch box meals that little ones and their older siblings won't be tempted to swap, including:

- Chicken Satay Bites
- PB&J Pancake Sandwiches
- Pumpernickel Tuna Melt
- Chicken Salad Roll Ups
- Chopped Veggie Salad
- Tomato Soup with Grilled Cheese Croutons
- Carrot Hummus
- Cinnamon Pita Chips
- Chocolate Graham Crackers
- Nature Cookies
- Cinnamon Roll "Sushi" Sandwiches

Filled with lots of great menu planning ideas; tips, tricks, and reusable product suggestions to make lunch fun; inspiring color photographs, advice on dealing with food allergies and so-called picky eaters; and more than 160 tried and true recipes, *Weelicious Lunches* takes lunchtime planning from hassle to joy!

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Editorial Review

Review

Catherine McCord is like a magic godfairy delivering fresh ideas and warm encouragement day after day. (The Kitchn)

“Whether you’re familiar with her first book or new to Weelicious.com creator Catherine McCord, you’ll love her confidence-building ideas for lunch that introduce new foods and flavors to kids in familiar ways (try the roasted honey cinnamon chickpeas or chicken satay bites).” (Real Simple)

“Although the book is aimed at packing lunch for kids -- as in, lunches they’ll actually eat -- adults will enjoy many of these meals just the same!” (Los Angeles Times)

“With the launch of her newest cookbook, *Weelicious Lunches*, the former TV host and professionally trained chef brings her calm, sensible approach to the back-to-school routine.” (Daily Candy Kids)

“Serving as a cookbook and an inspirational how-to guide, this fun cookbook addresses a variety of food challenges from taste to food sensitivities to allergies through her delightful recipes and unique flavor combinations.” (MomTrends)

“While these meals are targeted for children, the best part is that they are delicious for adults, too, and will easily double as lunch for you.” (Environmental Working Group)

About the Author

Catherine McCord is the founder of the popular website weelicious.com, a 2013 Babble Top 100 Mom Food Blog, one of *People* magazine's most influential mommy bloggers, and author of the *Weelicious* cookbook. She attended the Institute of Culinary Education in New York City, has worked in several high-end restaurants, is a contributor to *Parade*, and has appeared on *Today*, *Good Morning America*, *The Chew*, and *The Doctors*, and in magazines such as *Parents*, *Parenting*, *Lucky*, *Working Mother*, and *Every Day with Rachael Ray*. A former television host, she lives in Los Angeles with her husband and two children.

Users Review

From reader reviews:

Phyllis Richards:

Do you among people who can't read satisfying if the sentence chained in the straightway, hold on guys this kind of aren't like that. This *Weelicious Lunches: Think Outside the Lunch Box with More Than 160 Happier Meals* book is readable by simply you who hate the perfect word style. You will find the data here are arrange for enjoyable studying experience without leaving even decrease the knowledge that want to give to you. The writer associated with *Weelicious Lunches: Think Outside the Lunch Box with More Than 160 Happier Meals* content conveys thinking easily to understand by most people. The printed and e-book are not different in the articles but it just different in the form of it. So , do you nonetheless thinking *Weelicious Lunches: Think Outside the Lunch Box with More Than 160 Happier Meals* is not loveable to be your top

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