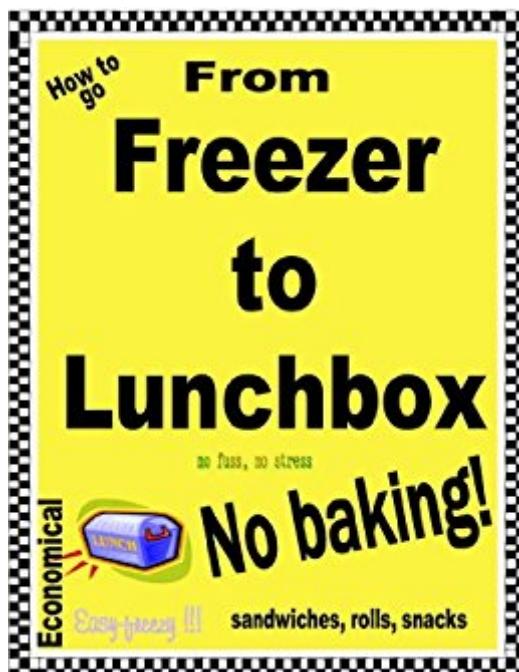


The book was found

# How To Go From Freezer To Lunch Box



## **Synopsis**

ASK YOURSELF :Are you fed up with preparing school lunches amidst the morning chaos? Do you struggle to fill school lunch boxes while getting ready for work yourself? Do you have children with special dietary needs and/ or allergies?Are you over having to spend \$3-5.00 on lunch for school or work?If you said YES to any of the above questions then you NEED THIS BOOK! From FREEZER to LUNCHBOX:= EASY-AZ!! No Baking/ No fuss/ No stress.Sandwiches ~ Rolls ~ Snacks = Works for all of these.For School or Work / Child or Adult\*\*\*Honestly, you will wonder how you managed before you had this ready made frozen lunch box selection at your fingertips.\*\*\*Having that extra time in the morning to enjoy an extra coffee is sooo worth it...

## **Book Information**

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## **Customer Reviews**

The system she has perfected would definitely work and she gives detailed instructions for implementing it. I would have had problems keeping my kids out of the freezer stash of sandwiches, etc. but if I had lunches to pack now, it would be well worth a try. Definitely a time saver and if done on a smaller scale, it would be workable for times other than just for packing lunches.

The concept is good but the details are lacking. The cookbook basically tells you how to make sandwiches assembly style. I did this over 15 years ago when my kids were in school and I did not need a cookbook to tell me how to do this. Also, some of the ingredients use specialty or brand names making it unclear as to what ingredient is supposed to be. Recommend with caveats given.

It basically has a couple ideas, that I found to be boring and not particularly healthy. I was super excited about this freezer to lunchbox idea, but this particular book isn't even enough for a whole week of lunches unless you're eating the exact same thing every day. Sorry.

The concept of this book is good but there are no real recipes for you to follow. Don't bother with this one.

Parents know their kids need a healthy lunch. Any book which makes the preparation task easier and saves time gets my vote. I hope Rose Hala writes more books about the 'how to fill the lunch box' daily problem we all have. Good on you, Rose. More please. Maybe something to fill teenage tummies? [...]

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