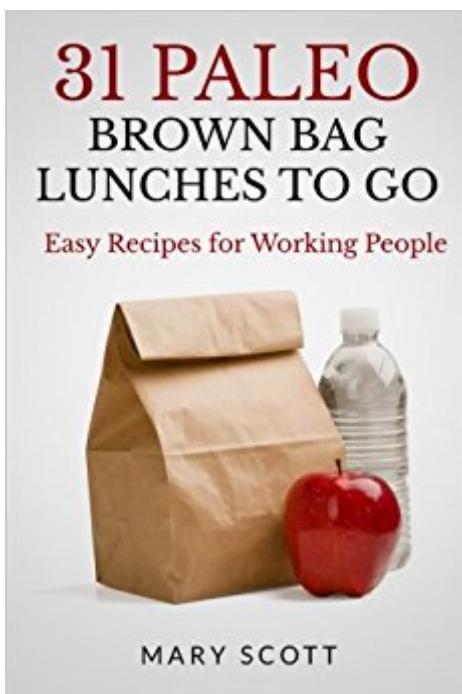


The book was found

31 Paleo Brown Bag Lunches To Go: Easy Recipes For Working People (Volume 2)



Synopsis

Searching for quick and easy Paleo lunch ideas? Search no further. With 31, under 30-minute recipes, this book is perfect for the work force. Featuring 13 salads (both green and mixed), six wraps, three sandwiches, and more, you are sure to find plenty of delicious, healthy, simple meals to make your work-week easier. Each recipe includes: **Serving size**, **Exact ingredients and measurements**, **Step-by-step directions**, and **A touch of nutritional information** With such variety included here, you are sure to find favorites and staples to help you keep lean.

Book Information

Paperback: 44 pages

Publisher: CreateSpace Independent Publishing Platform (February 20, 2014)

Language: English

ISBN-10: 1496024877

ISBN-13: 978-1496024879

Product Dimensions: 6 x 0.1 x 9 inches

Shipping Weight: 4.2 ounces (View shipping rates and policies)

Average Customer Review: 3.6 out of 5 stars 79 customer reviews

Best Sellers Rank: #387,078 in Books (See Top 100 in Books) #87 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Brunch & Tea #731 in Books > Cookbooks, Food & Wine > Special Diet > Paleo

Customer Reviews

There are some awesome recipes in here, but there are definitely NOT brown bagging it, I am a single mom and work for the UDWR so I am out in the field working so I truly need something on the go and these recipes are not on the go and take a lot of time and effort to prepare for the most part. Which for my life, I need quick and easy but still healthy, only a few of these recipes fit the bill.

Disappointing for \$8.00 and shame on me. It says 31 recipes, and there are literally 34 pages with recipe info on them and the book is only 38 pages total. I would never spend \$8 again for such little information. One recipe says "one serving of your favorite Paleo dressing" (presuming you have one yet). Another recipe calls for "paleo bread". Let me save you time... take your favorite recipe that has seasonings, veggies, and meat and serve it over lettuce that is laid out, chopped up, or rolled over those items... done.

One of the downsides to Paleo eating is taking the time to cook and prepare. 31 Paleo Brown Bag Lunches to Go is a great collection of healthy paleo recipes that you can take with you so you can stick to your paleo diet when you're working. Nice collection, easy read. Recommended for anyone looking to improve their health and meal planning.

I am totally inspired to pack my own healthy lunch, almost every single recipe in this book looks so good. Some of my favorites are "Chicken Piccata" "Sweet Chicken Salad" "Pomegranate, Fennel, & Arugula Salad". Many of these recipes would serve as great dinner dishes.

No pictures, not that great of recipes

Not much of a guide for bag lunches. My other Paleo cookbooks gave many better ideas. Very small, not worth buying if you are really serious about eating a Paleo diet.

Gives me some options for lunch.

Good start to getting down some lbs

[Download to continue reading...](#)

Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) The Everyday Paleo Slow Cooker: 100+ Quick and Easy Paleo Slow Cooker Recipes for Busy People (paleo diet, paleo, paleo solution, paleo diet cookbook, paleo books, paleo ebooks, paleo diet kindle) 31 Paleo Brown Bag Lunches to Go: Easy Recipes for Working People (Volume 2) Paleo Diet for Beginners: Lose Weight and Start Living the Paleo Lifestyle. Easy Paleo Diet Recipes for Weight Loss(paleo books, Paleo Diet, Paleo Diet ... diet, living paleo for dummies Book 2) Paleo Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Paleo Recipes, Paleo, Paleo ... Paleo Recipe Book, Paleo Cookbook) (Volume 1) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Paleo: Paleo Slow Cooker Cookbook: Top 80 Paleo

Recipes - Easy, Delicious and Nutritious Paleo Diet Cooking (FREE BONUS) (Paleo Crockpot, Paleo Baking, Whole Food) Paleo Instant Pot Cookbook: Amazing Paleo Instant Pot Recipes for Whole Family (Paleo Instant Pot Recipes Cookbook, Paleo Diet Guide Cookbook, Paleo Diet Recipe Book, Paleo Diet for Beginners) Paleo Diet: Ultimate Guide For Beginners, How To Lose Weight And Get Healthy (Paleo For Beginners, Paleo Diet Cookbook , Paleo Diet Recipes, Paleo Diet For Rapid Weight Loss, Paleo Diet Plan) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet, Paleo Slow Cooker Cookbook - Top 80 Paleo Recipes (Paleo Series) Paleo For Beginners: Paleo Diet → The Complete Guide To Paleo → Paleo Cookbook, Paleo Recipes, Paleo Weight Loss Paleo For Beginners: Paleo Diet → The Complete Guide To Paleo → Paleo Cookbook, Paleo Recipes, Paleo Weight Loss (Clean Eating) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Paleo Desserts: Satisfy Your Sweet Tooth With Over 100 Quick and Easy Paleo Dessert Recipes & Paleo Diet Baking Recipes (gluten free, lose belly fat, paleo ... diet desserts, paleo diet, wheat free) Paleo Diet: 55 Budget-Friendly Recipes to Lose Weight. A Low Carb Cookbook for Beginners. (Paleo recipes, Paleo Cookbook for Weight Loss, Paleo Diet, Paleo Cookbook) (weight loss book) Paleo Instant Pot: 365 Days of Instant Pot Anti Inflammatory Paleo Recipes: Paleo Diet for Beginners, Paleo Diet Cookbook, Breakfast, Lunch, Snack, Crock Pot, Healthy, Slow Cooker, Paleo Recipes, Paleo Eats - Top 50 Paleo Quick Meals For Maximum Energy and Weight Loss Busy People Will Love (Pale Approach, Paleo Kitchen, Paleo Indulgences) (Paleo For Dummies) Paleo Slow Cooker: Healthy Delicious Paleo Diet Slow Cooker Recipes for Your Family (Slow cooker recipes, Low carb diet, Paleo diet recipes, Paleo Cookbook, Ketogenic Diet, Ketogenic recipes)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)