



The Vegetarian Lunchbasket: Over 225 Easy, Low-Fat, Nutritious Recipes for the Quality- Conscious Family on the Go

Linda Haynes

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It's hard to plan healthy meals when life is so hectic. The author, a mother of three vegetarian kids, offers a selection of breads, spreads, soups, sandwiches, entrees, and desserts that are healthy, delicious, easy to make, and perfect for eating on the run.

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