



# The Harcombe Diet Lunch Box Recipes

*Zoe Harcombe*

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# The Harcombe Diet Lunch Box Recipes

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## **The Harcombe Diet Lunch Box Recipes** Zoe Harcombe

Great tasting real food for busy people on the go. You're busy. You want to eat healthily, but the food that's 'convenient' is not what you're after. You just want some real, nutritious, tasty food to get you through the day, which doesn't take much time or effort to prepare. Is that too much to ask? Absolutely not! This little book will show you how to knock up quick & healthy lunches, for anywhere, anytime. With our mix & make formula, you can create 8,000 different lunch box variations. Enough to keep even the most demanding palettes satisfied. All recipes are sucrose free & wheat free; and most are dairy free. Vegetarians are also well catered for. If you want to eat real, healthy food while out and about, this is a great addition to your bookshelf, whether you're on a diet, or not. Warning! Your partner/children may demand that their lunch boxes look and taste this good.

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