
School Lunches

A Guide To Making It Easy and Healthy



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If you're engaging in this eWorkbook it's because you make school lunches or you eat school lunches. Either way you probably have a sense of how time consuming it can be. But most of all you know how frustrating it is when you send your children off for the day with a delicious and nutritious lunch and it comes home just as nutritious but totally soggy and gross. What a waste.

My intention in writing this eWorkbook is to give you the tools you need to be organized and prepared. I'll give you the skills you need to get your children to eat packed lunches and I will let you in on the secrets to success when packing these lunches. Sound good? I thought so!

If this eWorkbook is just a jumping start for you and you need to book a 1-1 consultation with me to really turn you into a "Rock n' Roll Lunchbox Rockstar" and fulfill your family's specific needs then just [send me an email](#).

