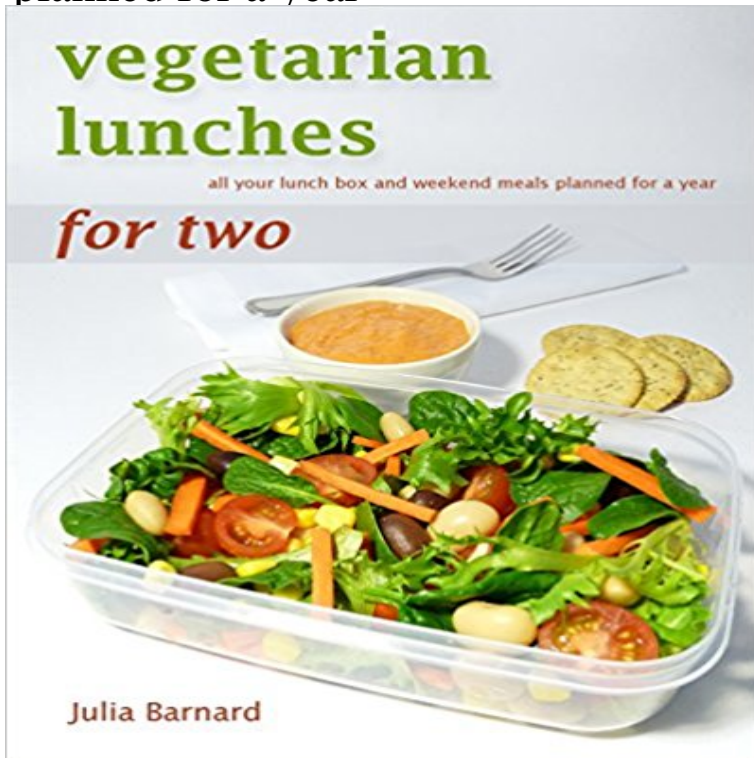


Vegetarian Lunches for Two: all your lunch box and weekend meals planned for a year



Vegetarian Lunches for Two offers everything you need to create mouth-watering lunches for a whole year. No longer will you be stuck for ideas as all the planning and organising has been done for you. Each week you are provided with a tasty menu and a comprehensive shopping list. Then simply follow the daily instructions for preparing your lunches. Weekday lunches are prepared the day before and all are suitable for lunch boxes. The weekend is not forgotten and you will enjoy some relaxed lunch options. To save time and reduce waste you will make the most of different ingredients and your freezer is put to good use. The meals are perfect for two people and you will not go hungry. Enjoy a whole host of delicious and nutritious dishes. You will find a multitude of salads, wraps, rolls, savoury slices as well as pasta and rice dishes, a tasty range of sandwiches and so much more.

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