



## Lunch in a Flash (Paperback)

By Amy Clark

Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. One of the reasons we love to spend our money on greasy fast food is because of how quickly we can get it. We don't have to spend a lot of time preparing food when we can swing by a drive through and immediately have an entire meal brought out for us. Unfortunately, when done too often, constantly purchasing fast food can take a big chunk out of our pockets and our health. Lunch in a Flash is the perfect alternative to buying your lunch every day. It offers a way to save your wallet, your health, and your taste buds (because the same lunch menu everyday does get a bit repetitive). The book offers a wide variety of ways to create your own healthy lunch, so you'll be able to look forward to trying out your new lunch whether you're at home or stuck in the office. Of course, our schedules change from day to day. One day, you may have plenty of time to sit down and create a large lunch that you can pack away from...



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