



31 Paleo Brown Bag Lunches to Go: Easy Recipes for Working People (Volume 2)

Mary R Scott

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Searching for quick and easy Paleo lunch ideas? Search no further. With 31, under 30-minute recipes, this book is perfect for the work force. Featuring 13 salads (both green and mixed), six wraps, three sandwiches, and more, you are sure to find plenty of delicious, healthy, simple meals to make your work-week easier. Each recipe includes: • Serving size, • Exact ingredients and measurements, • Step-by-step directions, and • A touch of nutritional information With such variety included here, you are sure to find favorites and staples to help you keep lean.

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