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# Thermos Recipes To Make And Go: 35 Hot And Cold Meals And Desserts (Food Matters)

**THERMOS RECIPES  
TO MAKE AND GO**  
*35 Hot and Cold Meals  
and Desserts*



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## Synopsis

With everyone being so budget-conscious these days, a make and go Thermos meal can be an excellent and welcome alternative to the traditional brown bag lunch. They can also be really easy 'make and take' meals you can eat anywhere as you power through your busy day. In this handy guide, discover top tips on how to get the most out of your Thermos with make and go hot and cold meals and desserts. Make these meals in minutes, and pack them to go, for every member of the family to enjoy anywhere, all for a fraction of the cost of takeaway. Know exactly what your family is eating and save money at the same time as you create mouthwatering breakfast, brunch, lunch, snacks and dessert ideas using these tasty, convenient and economical recipes. Have one on its own, or combine three or four recipes into smaller Thermoses for a sumptuous feast. From Mexican Beans and Rice to Sloppy Joes on the Go, Chicken Chowder to Taco Casserole, Creamy Vegetable Surprise to Layered Eggplant, Bread Pudding to Apple Cherry Crumble, you will find a range of recipes to suit even the pickiest palates. Make these meals in minutes, put them in your prepared Thermos flasks, and head off for another busy day with delicious and nutritious food on hand that you can eat any time. Or, fill your Thermoses with these tasty foods, then take them hiking, camping, on picnics, road trips, and more. Think how much money you will save with these fast, easy meals you can eat safely anywhere within 5 hours of placing them in the Thermos. Discover the delights of make and go Thermos meals with the help of this handy guide, and get ready to hear the rave reviews on each great Thermos meal your family will love.++++WORD

COUNT=17,429+++++TABLE OF CONTENTS  
WHAT'S IN THIS GUIDE  
ABOUT THE AUTHORS  
INTRODUCTION+Getting Started Using Your Thermos+Getting Started with Make and Go Meals  
BREAKFAST IDEAS  
1-OATMEAL ON THE RUN  
2-MORNING YOGURT DIP  
3-HAM AND CREAM CHEESE OMELETTE  
4-TASTY RANCH SCRAMBLED EGGS AND CHEESES  
SOUPS  
5-THERMOS RED LENTIL SOUP  
6-PERFECT PEA SOUP  
7-STEAK AND ONION SOUP  
8-CHICKEN CHOWDER  
9-BEEF AND VEGETABLE SOUP  
MEATY MEALS  
10-PEPPERONI PIZZA CASSEROLE  
11-TACO CASSEROLE  
12-BAKED BEANS AND MINI DOGS  
13-THERMOS DOGS  
14-BEEF AND MUSHROOM PASTA THERMOS LUNCH  
15-SLOPPY JOE ON THE GO  
16-BEEF HASH  
MORE HEARTY LUNCH IDEAS  
17-WARMING CHICKEN SALAD  
18-TUNA SALAD WITH PASTA  
19-ITALIAN-STYLE CHICKEN STRIPS  
MEATLESS MEALS  
20-CREAMY VEGETABLE SURPRISE  
21-MEXICAN BEANS AND RICE THERMOS MEAL  
22-STIR FRY THERMOS LUNCH  
23-LAYERED EGGPLANT  
24-CLASSIC MACARONI AND CHEESES  
SUPER SIDE DISHES AND SNACKS  
25-OVEN-ROASTED POTATO WEDGES  
26-NO CABBAGE COLE SLAW  
27-CHILLY FRUIT WITH DIP  
28-SPINACH DIP FOR VEGETABLES  
29-HAM

SALAD30-FRUITY SALSADESSERTS31-WARM PINEAPPLE DESSERT BARS32-THERMOS  
FRUIT SALAD33-GRAPE AND PECAN THERMOS DESSERT34-APPLE CHERRY  
CRUMBLE35-BREAD PUDDINGCONCLUSIONAPPENDIX 1: THE BUYING, HANDLING, CARE  
AND CLEANING OF YOUR THERMOSAPPENDIX 2: LIST OF RECIPES TO PRINT  
OUTFURTHER READING FREE NEWSLETTER OFFER+++++ABOUT THE AUTHORSMara  
Michaels and Carolyn Stone are the authors of more than 100 cooking, health and self-help titles.

## Book Information

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Cooker Recipes, Dump Meals Recipes, Dump Dinner Recipes, Freezer Meals Recipes, Crock Pot  
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