

## **LUNCH BOX**

Every Sunday 11:30am to 12:00pm

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“Lunch box” the cookery show focuses on tasty and healthy cooking using simple recipes and readily available ingredients. The show has two parts one on cookery and the other on health. All finally prepared food will fit on lunch box.

Ideas on how to ensure the smell, taste and flavor of the dishes as well as the nutrients are retained during cooking and simple and fast cooking add to the value of the show.

I love to cook.

I love to eat.

