6 BENTO BOX LUNCH IDEAS

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CLASSIC BENTO BOX
3 deli turkey slices
1/2 cup cheese cubes
1/2 cup grapes
1/2 cup crackers

QUINOA BENTO BOX
3/4 cup cherry tomatoes
1 hard boiled egg, sliced
6 sliced cucumbers
1/2 cup cooked quinoa
1/4 cup Hummus

TORTILLA BENTO BOX
Tortilla chips
1/2 cup black beans
1/2 cup cheese cubes
6 baby carrots
1/4 cup guacamole

MEDITERRANEAN INSPIRED
3 deli turkey slices
6 olives
1/4 cup hummus
6 baby carrots
1/2 cup crackers

APPLE AND CHEESE
1 sliced apple
1/2 cup cheddar cheese cubes
1/4 cup nut butter
6 snap peas
6 baby carrots

PROTEIN POWER
1 hard boiled egg
4 salami slices
1/4 cup chickpeas
1 mini cucumber, sliced
6 snap peas

BENTO BOX TIPS:
- Add all ingredients to a bento box style container. Seal with a lid for an easy grab-and-go lunch.
- Bento boxes aren't always leak-proof here's how I maximize freshness with mine:
- Store dips and sauces in a mini container with a lid.
- Keep crackers or tortilla chips stored in a small plastic bag to prevent sogginess.
- Blot vegetables with a paper towel to remove excess moisture before adding to the bento box (for example, pickles).
- Place a paper towel over top of all ingredients before adding the lid to help absorb moisture.

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