

Create Your Own Bento Boxes

Mix and match from the categories to create boxes for everyone in the family.

Proteins:

Cheese
Hard boiled eggs
Hummus
Nut Butters
Nuts
Sliced turkey breast

Grains, if you'd like to add them:

Crackers
Mini tortillas
Pita chips
Small rolls
Slider buns/rolls
Tortilla chips

Fruits:

Apples (soak in lemon water)
Blueberries
Clementines
Grapes
Nectarines
Plums

Vegetables:

Broccoli
Cauliflower
Carrots
Celery
Cucumbers
Peppers

My Bento Box Shopping List

Produce:

Meat:

Dairy:

Inner Aisles:

