

# Bento Box Cheat Sheet



## FRUIT AND/OR VEGGIE

(carrots, celery, bell peppers, broccoli, cauliflower, jicama, cucumber, tomatoes, radish, strawberries, kiwi, blueberries, pineapple, grapes, melon, mango, apple, orange, peach, plum, cherries, figs, dates, raisins, apricots)



## PROTEIN & FAT

(cheese, nuts/nut butters, tuna, chicken, turkey, tofu, tempeh, avocado, yogurt, cottage cheese, hard boiled egg, jerky, edamame)



## CARBOHYDRATE

(tortilla/wrap, whole-grain bread, popcorn, beans/bean salad, pasta/pasta salad, crackers, hummus, rice, potatoes, granola)



## ANYTHING ELSE THAT BRINGS YOU JOY!



**Aim for variety  
& balance,  
not perfection**

