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Cookbook
Everyday
Lunches

Just Bento Cookbook Everyday Lunches

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Prep Bento: \$3
Bento Challenge

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The Just Bento

Cookbook

Everyday Lunches

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*To Go Just Bento
Cookbook Review
FAST and EASY
Bento Lunches in
About 5 Minutes*

BENTO BOX LUNCH
IDEAS | for work or
back to school +
healthy meal prep
recipes ~~SCHOOL~~
~~LUNCH IDEAS~~ ☐☐
~~Rainbow Bread~~
~~FAIL~~ How to Make
Bento (☐☐☐☐☐☐☐)

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\\"LETS MAKE SOME
LUNCH FOR MY
KIDS\\" ☐☐ TIKTOK
COMPILATION ☐☐

Lunch boxes ideas
for kids ☐☐ (PART II)

*MAKE-AHEAD
VEGAN LUNCH*

IDEAS » bento box

5 meals I eat each
week » vegan

\u0026amp; healthy

\\"Let's Make Some
Lunch for My Kids\\"

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~~Cookbook~~

~~Compilation NEW!~~

~~SUPER EASY 1~~

~~WEEK MEAL PREP~~

~~FOR WEIGHT LOSS~~

~~| Healthy Recipes~~

~~for Fat Loss My~~

~~Daily Wellness~~

~~Routine + Meet My~~

~~Girlfriend! | Alix~~

~~Traeger~~

Gear Heads | The

Best Bento-Style

Lunchboxes for an

Bookmark File PDF Just Bento

Organized Packed
Lunch **Delicious
Warm Recipes
that are RAW
VEGAN** ☐☐ **Best
Lasagna \u0026
Pesto Pasta!** Kids
Share Their School
Lunch With Their
Parents | Kids Try |
HiHo Kids 5
FullyRaw Best /
Easy Vegan
Recipes for

Bookmark File PDF Just Bento

Beginners

MEALS FUSSY
EATERS WILL
LOVE! 9 PICKY
EATER KIDS MEAL
IDEAS | Emily
NorrisGordon
*Ramsay's Recipes
for a Better School
Lunch* ☐☐ ~~COLORFUL
Lunches Are
BACK!~~☐☐ ~~Color
Lunch Ideas~~
Effortless Bento

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Cookbook 10

*HEALTHY Air Fryer
Recipes that are
EASY AND Yummy!
What School Lunch
Looks Like Around
The World*

Back to School
Bento Box Lunch
Ideas 5 Low Carb
Meals for Diabetics
that Don't Spike
Blood Sugar **[A**
WEEK OF

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HUSBAND
BENTOS #7]by
wife VEGAN
SCHOOL LUNCH
IDEAS » healthy +
easy (bento box) 5
Meals I Eat Every
Week ☐☐ Simple
Satisfying Raw
Vegan Recipes for
Health, Wellness
& Healing [A
WEEK OF HUSBAND
BENTOS #5] by

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wife [On the Go](#)
[Vegan Lunch Ideas](#)
[for School or Work](#)
[\(Bento Box\)](#) ☐☐

Just Bento
Cookbook
Everyday Lunches
“The other major
benefit is that all
food items are in
the same container
system, so you
aren’t lugging a
clunky bag of misfit

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Containers to and
from work every
day ... Home Bento
Lunch Box amply ...

Packing Lunches
Again? Get Yourself
A Bento-Style
Lunchbox.

Check out these
best-selling bento
boxes, and you'll
be able to look

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forward to a tasty, fresh lunch at school or work every day. Make yourself a lunch you can get excited about, and stash it in ...

Amazon Users Are Stocking Up on These Cute Bento Boxes That Are

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Perfect for Back to
School & Back to
the Office

Please give an
overall site rating:

...

10 Best Lunch
Cookbooks August
2021

In addition to
needing well-
rounded breakfasts

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and healthy
snacks, kids of all
ages require
lunches that both
satisfy ... “In fact,
in just one regular
sized orange, you
can get nearly an
...

7 Lunch Foods That
Can Improve Your
Kid's Focus At

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“We partnered with Japanese dining and tableware brand, Takenaka, to create a sustainable bento box that is perfect for work lunches ...
“I use this combo every day to reset, begin my workday ...

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Marie Kondo shares
24 life-changing
gifts that spark joy

The highly rated
Bentgo Kids Brights
5-Compartment
Bento-Style Leak-
Proof Kids Lunch
Box in multiple
colors ... A Barefoot
Contessa Cookbook
in Hardcover -
Illustrated, October

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6, 2020 by ..

Everyday

Bentgo Kids Bento-
Style Leak-Proof
Lunch Box only
\$24.99 (reg.
\$39.99)

"Business was just
... at Bento.

According to
Dougherty, "Mike-
san," as he calls his
mentor and boss,

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prefers to work rather than talk. "He's the kind of guy who needs to work every day, very ...

New Restaurateurs
Press On With Grit,
Passion and
Flexibility — Even
In a Pandemic
This Insulated

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Cookbook
Everyday
Lunches

Thermal Leakproof
Lunch Bag is on
sale for only
\$10.99 ... \$29.95) *
Modern Comfort
Food: A Barefoot
Contessa Cookbook
in Hardcover -
Illustrated, October
6, 2020 by Ina
Garten ...

Insulated Thermal

Page 22/84

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Lunch Bag only
\$10.99 (45% off)
Expect a 10- to
20-minute wait
during peak lunch
hours, but go
ahead and put your
name in. It's worth
it. Just tell the boss
you had a flat on
the way back from
lunch (or come
back for dinner).

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Bento box at
Reikyu

At 11.00 on Friday
and Saturday
mornings in
autumn,
trainspotters
gather on platform
five at Porto's São
Bento train station.
They are here to
board a Prussian-
blue train on a

Bookmark File PDF Just Bento 10-hour trip up the Everyday Lunches

Setting out our
table

It was my most
humble home
cooked meal, not
just mine but every
Indian home's
lunch or dinner ...
The competition is
getting harder

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everyday, so with
time everyone
needs to lift their
game ...

MasterChef
Australia's
Depinder Chhibber:
Won't Be Able to
Recognise Myself
Without Indian
Heritage
“The other major

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benefit is that all food items are in the same container system, so you aren't lugging a clunky bag of misfit containers to and from work every day ... Home Bento Lunch Box amply ...

Packing Lunches
Again? Get Yourself

Page 27/84

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A Bento-Style
Lunchbox.

“The other major benefit is that all food items are in the same container system, so you aren't lugging a clunky bag of misfit containers to and from work every day ... Home Bento Lunch Box amply ...

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Packing Lunches
Again? Get Yourself
A Bento-Style
Lunchbox.

“The other major benefit is that all food items are in the same container system, so you aren’t lugging a clunky bag of misfit containers to and from work every

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day... Home Bento

Lunch Box amply ...

Everyday

Lunches

Bento fever has recently swept across the West, fuelled not just by an interest in cute, decorative food, but by the desire for an economical, healthy approach

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to eating in these times of recession. A leading light in the popularization of bento has been Makiko Itoh, whose blog, Just Bento, boasts hundreds of thousands of subscribers, all of whom love her delicious recipes and practical bento-making tips. Now,

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for the first time, Itoh's expertise has been packaged in book form. The Just Bento Cookbook contains twenty-five attractive bento menus and more than 150 recipes, all of which have been specially created for this book and are divided into

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two main sections, Japanese and Not-so-Japanese. The Japanese section includes classic bento menus such as Salted Salmon Bento and Chicken Karaage Bento, while the Not-so-Japanese section shows how Western food can be adapted to the

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bento concept, with delicious menus such as Summer Vegetable Gratin Bento and Everyone Loves a Pie Bento. In addition to the recipes, Itoh includes sections on bento-making equipment, bento staples to make and stock, basic

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Cookbook

techniques, and a glossary. A planning-chart section is included, showing readers how they might organize their weekly bento making. In a market full of bento books that emphasize the cute and the decorative,

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this book stands out for its emphasis on the health and economic benefits of the bento, and for the very practical guidelines on how to ensure that a daily bento lunch is something that can easily be incorporated into anyone's lifestyle.

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This is the perfect book for the bento beginner, but will also provide a wealth of new bento recipe ideas and tips for Just Bento aficionados.

The author of the best-selling Just Bento Cookbook is back with hundreds of delicious new Ja

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panese-lunchbox-style recipes — including many low-carb, vegetarian, and vegan options -- that can be made quickly and without a lot of fuss. The passion for bento boxes shows no signs of letting up. Leading the way in popularizing these compact and

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portable boxed meals has been Makiko Itoh, blogger extraordinaire and author of the perennial bestseller, *The Just Bento Cookbook*. Itoh was instrumental in spreading the word that bentos are perfect for busy

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adults-on-the-go — they don't have to be cute and they don't have to take a lot of planning or prep time in order to be tasty, nutritious, and economical. In THE JUST BENTO COOKBOOK 2: Make-Ahead Lunches and More, Itoh offers

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hundreds of new recipes for bento-friendly dishes. The premise of this second cookbook is that anyone can make delicious, healthy bentos quickly and easily. Itoh focuses on three types of bentos with specific and appealing benefits:

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bentos that can be made ahead of time, “express” bentos that can be put together fast, using components right off the shelf or out of the refrigerator, and bentos for special dietary needs. Full-color photos accompany the directions and

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Showcase the
finished dishes.
THE JUST BENTO
COOKBOOK 2

opens with Itoh's
basic bento rules,
revised to reflect
comments she's
heard from her
many fans after the
first book came
out. "Build Up Your
Stash" explains
why having some

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Items ready to pack up and go is the key to stress-free bento-making. Here are tips on making foods that store well, organizing storage space, the best containers to use for different foods, what store-bought items to have on hand, etc. The first

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section, "Make-Ahead Bentos," features recipes for a wide variety of dishes that can be prepared the night before or first thing in the morning.

Here are different kinds of meatballs and burgers, including both Western versions and Japanese

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Variations; mouth-watering chicken, pork, beef, egg and fish dishes; a section on “Tofu and Vegan” treats such as Ginger Tofu Teriyaki and Green Lentils and Brown Rice; and recipes for Rice Sandwiches such as Egg-wrapped Rice Sandwich with

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Bacon Rice Filling.
A special section of
Low Carb recipes
based on shirataki
noodles and
konnyaku (konjac)
offers fun and
creative ways to
use this no-cal, no-
carb, no-sugar,
gluten-free
“miracle” noodle in
dishes like Rice
and Shirataki Pilaf

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with Shrimp,
Shirataki Chicken
“Ramen” in a
Lunch Jar, and
Shirataki with
Sesame. “Express
Bentos” presents
very quick-to-
assemble boxes
comprised of foods
that don’t require
detailed recipes
and don’t rely on
pre-hOMEMADE

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items. From
Mediterranean
Pasta and Yakisoba
bentos to a
Deconstructed
Taco Salad and Stir-
fry Bento, the ideas
here will prove to
be lifesavers for
busy people who
need to get out of
the house in a
hurry but still want
their flavorful,

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filling, and healthy lunch. Other new and exciting additions to this second volume include an entire section of recipes for Vegetable Side Dishes (Roast Asparagus with Balsamic Vinegar, Spicy Broccoli, and Potato and Corn Salad), and one for

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Japanese
Vegetable Side
Dishes (Buttery
Kabocha Squash,
Crunchy Stir-fried
Soy Beans, Hijiki
Seaweed with
Garlic). Recipes for
different versions
of dashi will help
readers keep a
supply of this
staple ingredient at
the ready. And

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advice on tools and equipment, types of bento boxes and accessories, as well as a glossary and resource section, will ensure that preparing bentos is as enjoyable as eating them.

A collection of family-friendly, easy and

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inexpensive recipes used and honed over many years by Japanese mom Kanae Inoue. Real Bento is packed with the time-saving tricks that allow you to make bento box lunches each morning in just 10 minutes, using ingredients and

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recipes that will satisfy the whole family! The recipes are presented by flavor type and key ingredient, so it's easy for parents to find dishes their kids will love. In Real Bento, Inoue presents 200 recipes, divided into "main dishes" and "sides" for 22

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Completed bento boxes. The colorful photos and step-by-step instructions make this an incredibly practical and easy-to-use resource for busy households! In her recipes, Inoue places great emphasis on healthy, fresh and colorful foods that

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look and taste
great when
presented
together. Her
recipes include
Japanese favorites
and original recipes
like: Teriyaki
Chicken Stuffed
Bell Peppers Ginger
Salmon Broccoli
and Pasta Salad
Beef and Egg Stir
Fry Inoue got

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hooked on bento fifteen years ago, when she began making daily bento box lunches for her husband and herself to take to work, and later for their three children to take to school. She sees bento box lunches as a way of saving money and getting her family

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to eat fresher,
healthier meals.
This beginning
bento book is a
perfect tool for
getting lunches
packed and a
family out the door
on a busy morning!

Provides recipes
and menus for
bento boxes, which
are Japanese home-

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packed meals
usually consisting
of rice, fish, and
meat.

"Originally
published in Japan
by Shufunotomoto
Co., Ltd.,
c2012."--Colophon.

Many people bring
their lunch to work
to save money,

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time and to help control what they are eating (with no hidden nasties from processed shop-bought food), but sometimes it's hard to think of interesting, nutritious things to make. Sara has come to the rescue with her vibrant, fun and

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inspirational approach to lunch boxes. She concentrates on having 5 clear elements: complex carbs, protein, fruit and veg, and sprinkles as well as the 5 colours used in authentic Japanese cooking: red, white, black, yellow and green.

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With just a few essential ingredients, you add your extras to create highly nutritious, vegetarian, colourful boxes of joy. Sara includes ideas for bento breakfast boxes (Sesame Snap Granola Bento and Mighty Muesli),

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15-minute bento
(Busy Days Instant
Noodles and Lazy
Tamago Bento),
Everyday bento
(Red Velvet Quinoa
Bento, Green
Theme Bento and
Zen Bento) and the
Fantasy bento
(Starry Sky Bento
and Fairy Jewel Box
Bento). With tips
on how to stock

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your bento store-cupboard and basic ingredients and recipes to get you going, now is the time for bento to bounce into your breakfast, lunch box, or even into your dinner parties, filling you with Bento Power! www.shisodelicious.com
[@shisodelicious](https://www.instagram.com/shisodelicious)

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This book makes creating colorful, cute, and tasty Japanese-style lunches easy and fun! Learn how to craft your favorite foods into a variety of shapes—from caterpillars, cars, and puppy dogs to pretty flowers, princesses, and

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kitty cats to make
the yummy,
healthy lunches
that are all the
rage in Japan.
Featuring chapters
on Cuties &
Critters, Fairy-Tale
Friends, and
Special Day Treats,
plus a handy
shopping guide,
easy recipes for
mini snacks,

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general tips and tricks, and so much more, Yum-Yum Bento Box is the perfect guide for beginner bento makers and expert chefs alike. Stop wasting money on pre-packaged lunches—and start making beautiful, healthy bentos!

Includes: · An

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introduction to
Japanese Lunches ·
Packing a Bento
Box · Bento Boxes,
Tools, And
Accessories ·
Ingredients · Cuties
& Critters · Fairy-
Tale Friends ·
Special-Day Treats

Everyday millions
of Japanese people,
young and old,

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Cookbook
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Lunches

leave their homes with a bento in hand. Bento (boxed lunches) are handmade every morning packed with tender-loving care to give their recipients a warm-hearted well-needed boast to finish off the day. In her first English-language release,

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Cookbook
Everyday
Lunches

TV chef and nutritionist Megumi Fujii has prepared 72 mouth-watering box lunch recipes that are easy to make but are overflowing with the hearty-goodness that is essential in every Japanese bento. Her Ten-minute bento will not rely on visual

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designs seen on
Flickr streams or
on blogs. Instead
she focuses on
sharing everyday
Japanese dishes
created to satiate
hunger and satisfy
an ever expanding
Japanese palette.
Featured dishes:
Mushroom
Hamburg Steak
Easy Korean

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Bibimbap Colorful
Eggs & Ham Yuzu
Chicken Avocado
Salad Sandwich
Open-face Spring
Roll Bento Chicken
Cutlet Bento Beef
Bowl Bento
Chicken Teriyaki
Bento Salads
Radish &
Buckwheat Noodle
Salad French Toast
Salad Chinese-style

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Noodle Salad
Desserts
Cheesecake Balls
Petite Muffins

Cooking a wide variety of Japanese meals doesn't have to require a lot of effort, multiple cookbooks, and guesswork. Here's the key to making delicious Japanese

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food at home
tonight. People
love Japanese
cuisine, but very
few prepare it
themselves.

Japanese Cooking
Made Simple
provides the basic
techniques and
recipes that unlock
your ability to
prepare delicious,
authentic Japanese

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meals to enjoy with friends and family at home - without requiring significant investments in time and money to do so. Japanese Cooking Made Simple contains more than 100 easy-to-follow authentic Japanese recipes with

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ingredients you can find in your local grocery store.

Sushi and bento boxes will become part of your weeknight meals, as will Ramen with Braised Pork Belly, Tempura Soba, Fried Tofu in Broth, California Rolls, Pan-Broiled Salmon with Scallions,

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Chicken Yakitori,
and Green Tea Ice
Cream. Step-by-
step instructions
and illustrations
will have you
preparing sushi,
including norimaki
and temaki, with
ease. Color photos
help you put a
beautiful Japanese
dish on the plate.

In Japanese

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Cooking Made Simple, Salinas Press has once again created a cookbook that provides home chefs not only with a wide variety of delicious recipes to choose from, but also the simple tools to make it easy.

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Think inside the box--the beginner's guide to tasty bento boxes Easy, tasty, and healthy are three great aspects of any good meal.

Combine them all together--in an easy to-go box--and you have the beauty of bento. In Bento for

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Beginners, you'll learn how this Japanese culinary art can help you build 60 appetizing, well-balanced lunches that can be taken just about anywhere. In addition to recipes, the book is filled with tons of tips and tricks on

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Streamlining prep time, how to improve the storage life of your ingredients (without using preservatives), the right containers to use, and what foods make the best (and easiest) fusion dishes. There's so much to savor in these to-

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go treasure boxes.
Bento for
Beginners includes:
Best of both
worlds--Enjoy
classic homemade
Japanese foods as
well as staples
from Western and
American cuisine.
Off-the-
shelf--Create
lunches you'll be
excited to eat

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using easy-to-find ingredients available at the grocery store. Save money--Put an end to spending \$5 to \$10 a day on lunch--the average cost of a filling homemade Japanese bento is about \$1.85. In the world of bento books, this one can

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take you to tasty
new heights.

Lunches

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