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And you can ' t send  
peanut butter and jelly  
sandwiches with your kid  
to school every day. Meal  
prepping ... The Little  
Lunchbox Cookbook:  
Easy Real-Food Bento

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Lunches for Kids on the  
Go ...

Everyday

Lunches

~~What you need to meal  
prep for your kids~~

Known to some as the  
"Bento Box Queen,"

Jessica ... on TikTok after  
people saw the adorable  
school lunches she made  
for her children every  
day, but after a quick  
look on her page, it's  
apparent ...

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~~From Croissant Waffles  
to Kimchi Fried Rice,  
Check Out TikToker  
Jessica Woo's Best  
Recipes~~

Just look for the pub  
between Gilbert's  
Chowder ... or a  
breakfast panini and  
locally roasted Carpe  
Diem coffee. Lunch  
includes three  
homemade soups daily

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and a large sandwich  
selection, including ...

~~Dining Guide~~

A debut cookbook ... just a few of the quirky (yet useful) items they'll find in this set. If you and your boss have a humorous rapport going, they could get a kick out of this witty take on the ...

~~41 thoughtful, work-~~

*Page 7/57*

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~~appropriate gifts for your  
boss or coworker that are  
all under \$50~~

~~(\$29.95) \* Modern~~

~~Comfort Food: A~~

~~Barefoot Contessa~~

~~Cookbook in Hardcover~~

~~– Illustrated, October 6,  
2020 by Ina Garten is on~~

~~sale for \$21 (reg. \$35) \*~~

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Selling books at ...~~

~~Reusable Meal Prep~~



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~~Containers 20 pack only  
\$15.99 (47% off)~~

It was my most humble home cooked meal, not just mine but every Indian home ' s lunch or dinner ... The competition is getting harder everyday, so with time everyone needs to lift their game ...

~~MasterChef Australia's  
Depinder Chhibber:~~

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~~Won't Be Able to  
Recognise Myself  
Without Indian Heritage~~  
At 11.00 on Friday and  
Saturday mornings in  
autumn, trainspotters  
gather on platform five at  
Porto 's Sã o Bento  
train station. They are  
here to board a Prussian-  
blue train on a 10-hour  
trip up the ...

~~Setting out our table~~

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(\$29.95) \* Modern

Comfort Food: A  
Barefoot Contessa

Cookbook in Hardcover

– Illustrated, October 6,  
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Bento fever has recently  
swept across the West,  
fuelled not just by an

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interest in cute, decorative food, but by the desire for an economical, healthy approach 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

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## Just Bento

practical bento-making tips. Now, 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 two main sections, Japanese and Not-so-Japanese.

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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 bento concept, with delicious menus such as Summer Vegetable Gratin Bento and Everyone Loves a Pie Bento. In addition to the

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recipes, Itoh includes sections on bento-making equipment, bento staples to make and stock, basic cooking 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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Cookbook  
Everyday  
Lunches

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



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Just Bento

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aficionados.

Everyday

Lunches

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Healthy, attractive, and economical---bento-box meals will revolutionize your lunchtimes. Let Makiko Itoh, the Net's

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Leading bento blogger, get you started on your bento journey! --

Lunches

The author of the best-selling Just Bento Cookbook is back with hundreds of delicious new Japanese-lunchbox-style recipes — including many low-carb, vegetarian, and vegan options -- that can be made quickly and

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without a lot of fuss. The passion for bento boxes shows no signs of letting up. Leading the way in popularizing these compact and 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



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perfect for busy 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 hundreds of new recipes for bento-friendly dishes.

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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:

- 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

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refrigerator, and bentos for special dietary needs. Full-color photos accompany the

directions and 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

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Stash ” explains why having some 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 section, “ Make-Ahead Bentos, ” features recipes for a wide variety

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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 variations; mouth-watering chicken, pork, beef, egg and fish dishes; a section on “ Tofu and Vegan ” treats such as Ginger Tofu Teriyaki and

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Green Lentils and Brown Rice; and recipes for Rice Sandwiches such as Egg-wrapped Rice Sandwich with 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

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Shirataki Pilaf 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 items. From Mediterranean Pasta and Yakisoba bentos to a

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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, filling, and

healthy lunch. Other new

and exciting additions to

this second volume

include an entire section

of recipes for Vegetable

Side Dishes (Roast



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Asparagus with Balsamic Vinegar, Spicy Broccoli, and Potato and Corn Salad), and one for

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 advice on

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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.

Bento includes over 70 quick, easy, and delicious box lunch ideas for your family.

"[Everyday Bento] is

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packed with ideas for fun, delicious lunches." —AlphaMom.com Your kids will look forward to what's in their lunchbox every single day with the delightful collection of recipes in Everyday Bento! The bento food movement teaches us that foods can be attractive, nutritious, fun and delicious all at the same time. Kids love to

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try foods that bring a smile to their faces, and will often eat things they wouldn't otherwise try.

For example, they'll love an adorable bear cub made from brown bread, peanut butter and jelly nestled on a bed of blueberries. Cut watermelon into hearts, and tuck them next to a ham sandwich shaped like ballet slippers for

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your budding ballerina.

Create building bricks  
from healthy cheese,  
carrots and

cucumbers—or a hot  
dog octopus, swimming  
across a sea of cucumber.

Picky eaters or not,  
they'll try it! Wendy

Thorpe Copley writes the  
popular bento blog

Wendolonia, which takes  
the traditional Japanese  
concept of bento—a

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single meal packed at home in a reusable container—and Americanizes it. Using simple ingredients found in any grocery store, Wendy creates entertaining meals that are sure to delight even the most finicky eater. Some of the fun and easy bento creations here include: Princess Bento  
Rock and Roll Bento

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Snowman Bento

Butterfly Bento Farm

Yard Animals Bento

Besides being great fun to look at, bento lunches are a healthy way to enjoy food while keeping portions in check.

Freshly-prepared lunches packed in portable, reusable bento boxes are also kind to the environment and easy on the wallet—very

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important in today's economy. Everyday Bento teaches you a few simple techniques to make creative lunches, all in a reasonable time-frame for busy working parents. The 50 bento meals in this cookbook feature familiar foods with fun themes that will appeal to children and adults alike. Follow the easy step-by-step



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instructions to recreate each bento box, or mix and match different elements from the book to make your own unique creations. Make lunch fun again with Everyday Bento!

A collection of family-friendly, easy and inexpensive recipes used and honed over many years by Japanese mom

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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 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

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presents 200 recipes,  
divided into "main  
dishes" and "sides" for 22  
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 look

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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 hooked on bento fifteen years ago, when she began making daily bento box lunches for her husband and

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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 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!

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Longing for more than yet another limp salad? Tired of tussling with the kids over junk food lunch kits? Sounds like you 've got the lunch box blues. J. M. Hirsch has the fix. But it isn ' t a cookbook. Because when it comes to lunch, nobody has time to break out a recipe to bang out a brown bag special. Busy people need lunch ideas.

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Lots of them. And those ideas need to be healthy, fast, easy, affordable, and delicious. That ' s what Beating the Lunch Box Blues is—an idea book to inspire anyone daunted by the daily ordeal of packing lunch. Jammed with nearly 200 photos and more than 500 tips and meals, this book is designed to save families time, money, and their

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sanity. Whether you want to jazz up a grilled cheese, turn leftover steak into a DIY taco kit, or make pizza “sushi,” Hirsch has it covered. And because the best lunches often are built from the leftovers of great suppers, he has also included 30 fast and flavorful dinner recipes designed to make enough for tomorrow,



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too. Crazy good stuff like short ribs braised in a Rosemary-Port Sauce, Hoisin-Glazed Meatloaf, and kid-friendly classics such as Turkey Sloppy Joes and American Chop Suey. With ideas this easy and this delicious, there ' s no reason to let the lunch box blues get you down.

Many people bring their

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lunch to work to save money, 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 inspirational approach to lunch boxes. She concentrates on

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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. With just a few essential ingredients, you add your extras to create highly nutritious, vegetarian, colourful boxes of joy. Sara includes ideas for bento

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breakfast boxes (Sesame Snap Granola Bento and Mighty Muesli),

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

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stock 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](http://www.shisodelicious.com)  
[@shisodelicious](https://twitter.com/shisodelicious)

This book makes creating

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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 kitty cats to make the yummy, healthy lunches that are all the rage in Japan. Featuring chapters on Cuties & Critters,

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Fairy-Tale Friends, and Special Day Treats, plus a handy shopping guide, easy recipes for mini snacks, 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

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

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