



# **Bento Cookbook: 30 Bento Box Recipes You Will Love!**

*Gordon Rock*

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## **30 Bento Box Recipes You Will Love!**

This **bento cookbook** contains 30 recipes to make your lunchtime colorful and full of nutrition.

These bento box recipes will help you maintain your daily calorie intake as these recipes are healthy and free from unhealthy fats with each bento recipe containing a balanced amount of carbohydrates and proteins.

These bento recipes are suitable for both kids and adults. There are clear instructions given where you can substitute one ingredient with another or the tools that are required to make a particular recipe and the substitute if you don't have that tool available.

All in all this cookbook is your complete guide towards portion control.

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