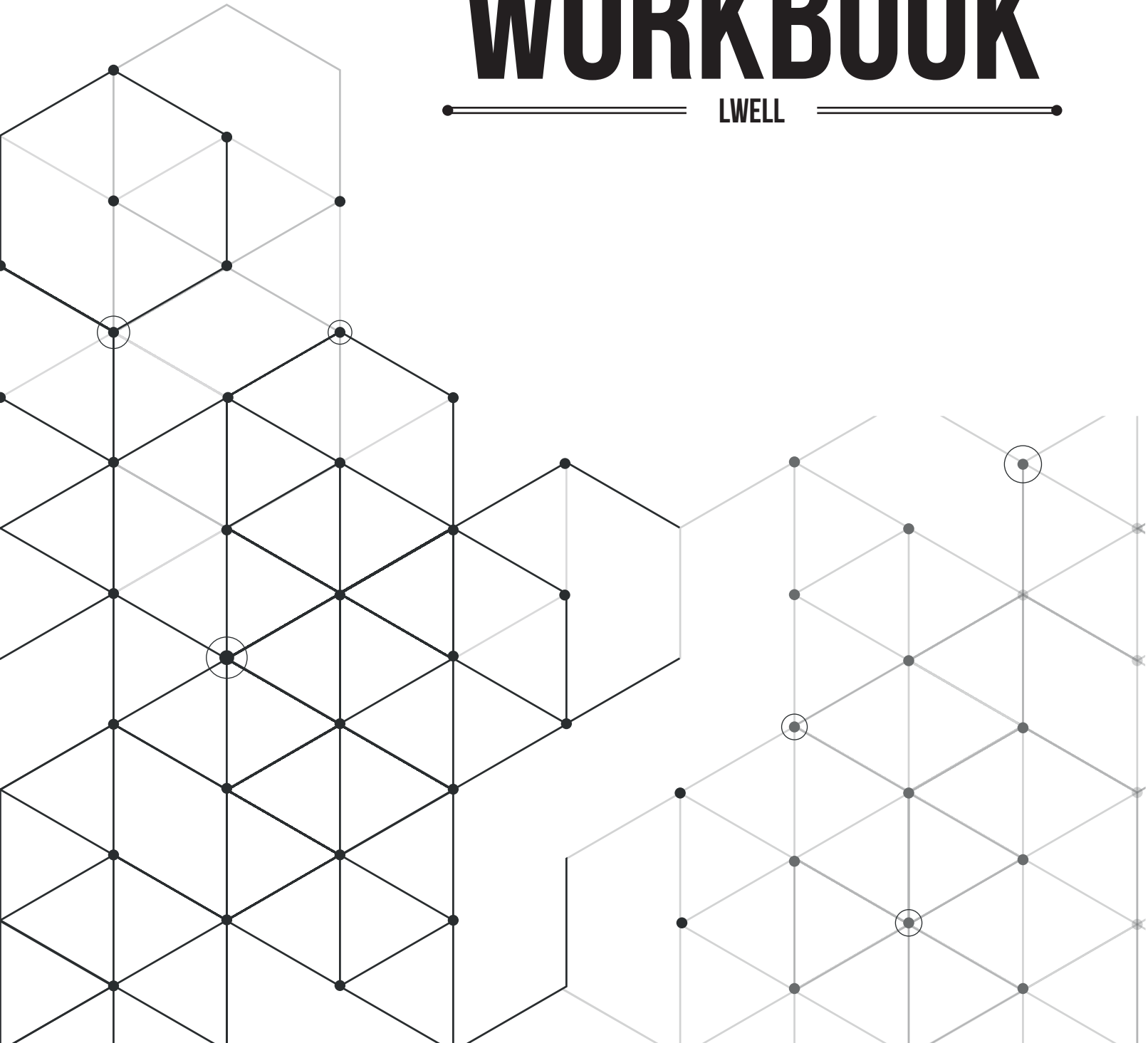




BENTO BOX

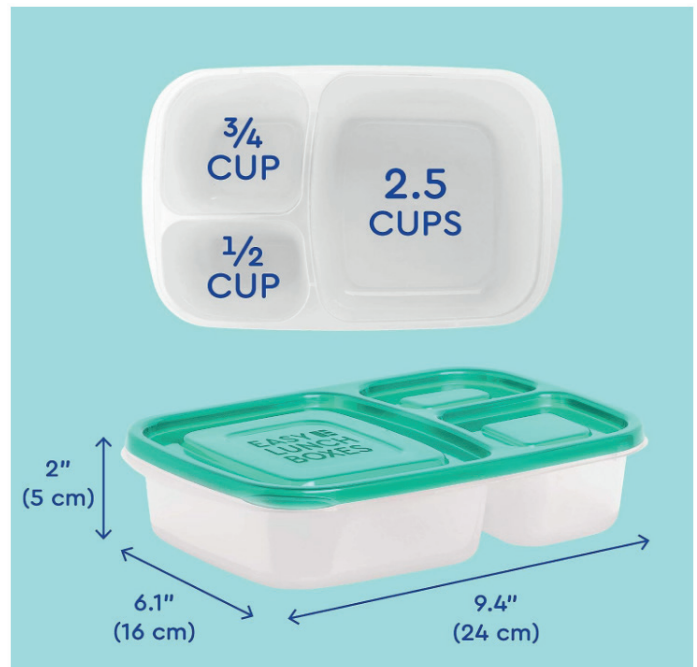
WORKBOOK

LWELL



About Bento Boxes

Bento boxes are a type of food container that originated in Japan and are often described as Japanese lunch boxes. They are used to pack single portions of balanced meals that typically consist of a starch, a protein, and some side dishes. Bento boxes have dividers or compartments to separate foods that are put directly into the boxes without extra packaging. Bentos are a convenient and healthy way to enjoy food on the go.



Rules for success:

1. Limit your condiments. Avoid or use the lowest calorie versions. This includes marinades, etc..
2. Try to start using the bento boxes for lunch and dinner for 2 weeks.
3. Keep breakfast simple.
4. Add 0-2 snacks as needed.
5. Eat ALL the veggies to help this work.
6. Drink at least 2L of water daily, more is better for the first 2 weeks.
7. Keep it really, really, really simple at the beginning. Consider prepping a day or more at a time if you like to cook.

Bento Box Kickstart

This is a super simple way to start getting results right away without being hungry while eating whole foods with minimal prep.

STEP

Get your bento boxes!

STEP

Review food list to be clear on what types of foods go in each box.

STEP

Gather meal ideas that work well with bento boxes. See page 5 meal combination ideas for a great start.

STEP

Use bento boxes to simplify meal prep and regulate portions.

Bento Food List

NON-STARCHY VEGETABLES

Don't worry about the carbs from these foods for most easting philosophies

Artichoke
Arugula
Asparagus
Bamboo shoots
Beets (cubed)
Bok choy
Broccoflower
Broccoli
Brussel sprouts
Cabbage
Carrots
Cauliflower
Celeriac root
Celery
Chard/Swiss chard
Chervil
Chinese cabbage
Chives
Cilantro
Cucumbers
Daikon radishes
Eggplant
Endive
Escarole
Fennel
Fermented vegetables (Kimchi, pickles, sauerkraut, etc)
Garlic
Green beans
Greens: beet, collard, kale, turnip, etc
Horseradish
Jicama
Kohlrabi
Leeks
Lettuce, all
Microgreens
Mushrooms
Okra
Onions
Parsley
Peppers, all
Radicchio
Radishes
Salsa
Scallions
Sea vegetables
Shallots
Snap peas/Snow peas
Spinach
Sprouts, all
Squash: spaghetti, yellow, zucchini, etc
Tomato
Turnips

Water chestnuts

Watercress

PROTEINS

Most of the calories come from protein
Cottage cheese
Ricotta cheese
Greek yogurt
Egg
Fish/shellfish: halibut, herring, mackerel, salmon, sardines, tuna, etc
Meat: beef, buffalo, elk, lamb, venison, other wild game, etc
Poultry (skinless): chicken, Cornish hen, duck, pheasant, turkey, etc
Natto
Spirulina
Tempeh
Tofu
Powder (check label for 1 serving = 7g)
Low-fat cheese

CARBS

Most of the calories come from carbs in these foods
Black beans
Edamame
Green peas
Hummus
Refried beans
Acorn squash
Butternut squash
Plantain
Potato: purple, red, sweet, yellow, mashed
Root vegetables: parsnip, rutabaga
Yam
Apple
Applesauce
Apricots
Banana
Blackberries
Blueberries
Cherries
Grapefruit
Grapes
Kiwi
Mango
Mellon: all
Nectarine
Orange
Papaya
Peach
Pear
Persimmon
Pineapple
Plums
Pomegranate seeds

Raspberries

Strawberries

Tangerines

Amaranth

Buckwheat/Kasha

Millet

Oats: rolled, steel cut

Quinoa

Rice: basmati, black, brown, purple, red, wild

Sorghum

Teff

Barley

Bulgar

Couscous

Kamut

Semolina

Spelt

Dairy milk

Dairy alternatives: almond, coconut, flaxseed, oat, soy, etc...

FATS

Calories are mostly from fat from these foods

Almonds

Brazil nuts

Cashews

Chia seeds

Flaxseed

Hazelnuts

Hemp seeds

Macadamias

Nut and seed butters

Peanuts

Pecans

Pine nuts

Pistachios

Pumpkin seeds

Sesame seeds

Soy nuts

Sunflower seeds

Walnut halves

Avocado

Butter

Dark chocolate (70% or higher cocoa)

Olives: black, green, kalamato

Cooking Oils: avocado, butter, coconut, grapeseed, extra virgin olive, rice, sesame

Salad Oils: almond, avocado, grapeseed, hempseed, extra virgin olive, pumpkin seed, rice bran, safflower, sesame, sunflower, walnut

Bento Building Blocks

Large container: non starchy veggies

4 cups of non-starchy vegetables (salads, frozen or fresh veggies. Raw or cooked fine).

Large container examples:

1. Salad greens (easiest)
2. Chopped raw veggies (easy)
3. Roast a bag of frozen veggies like broccoli-cauliflower-pepper mix (intermediate)
4. Collard green roll ups (difficult)(<http://goop.com/recipes/collard-roll-ups-with-coconutcurry-kale/>)

Medium container: protein

1 cup of protein. Hard boiled eggs go great here. So do previously cooked/leftover meat/fish/fowl.

Medium container examples:

1. Hard-boiled eggs
2. Leftover meat/fish/fowl from dinner
3. Canned chicken
4. Greek yogurt

Small container: carbs

1/2 cup. Let's go for whole grains, tolerated fruits, sweet potatoes and beans here. These are mostly called "resistant starches" and include more fiber for your happy digestive tract.

Small container ideas:

1. Hummus
2. Whole grains like rice, quinoa etc... (see attached "skip the parsley" recipe)
3. Fruit as tolerated
4. Sweet potatoes and other starchier veggies
5. Lentil/bean combinations are great to make ahead like three bean salads, cowboy caviar etc...=

So, how can I make a meal out of this on the fly?

Some example combinations (let your imagination run wild. These are just for ideas):

1. Raw Snacker: Chopped veggies in the large container, plain greek yogurt in the medium size container (mix with herbs like dill if desired) and fruit in the small container
2. Leftovers: Fill large container (4 cups) of bento box with vegetables. 1 cup container: leftover meat/fish/fowl from dinner. 1/2 cup container: all the sweet potato that can fit
3. Tex-mex box: Fill large container with shredded lettuce and cabbage 1 cup container: pinto beans and salsa mixed 1/2 cup container: corn tortillas
4. Mediterranean: Fill large container with salad greens and avocado. 1 cup container: 1 HB egg; 1/2 cup white cannellini beans (limit 2 per day)
5. Brunch box: Fill large container with spinach. 1 cup container: quiche; 1/2 cup container: tolerated fruit
6. SUPER FAST BOX: Prewashed bagged lettuce, half a lemon for dressing, rotisserie chicken, crackers

◇ SUN _____

◇ MON _____

◇ TUE _____

◇ WED _____

◇ THU _____

◇ FRI _____

◇ SAT _____

Shopping List:

◇



THE
THANK YOU
END

Learn more about our nutritional services online at LWell.com or
call to schedule an appointment today at 833-516-0454.

