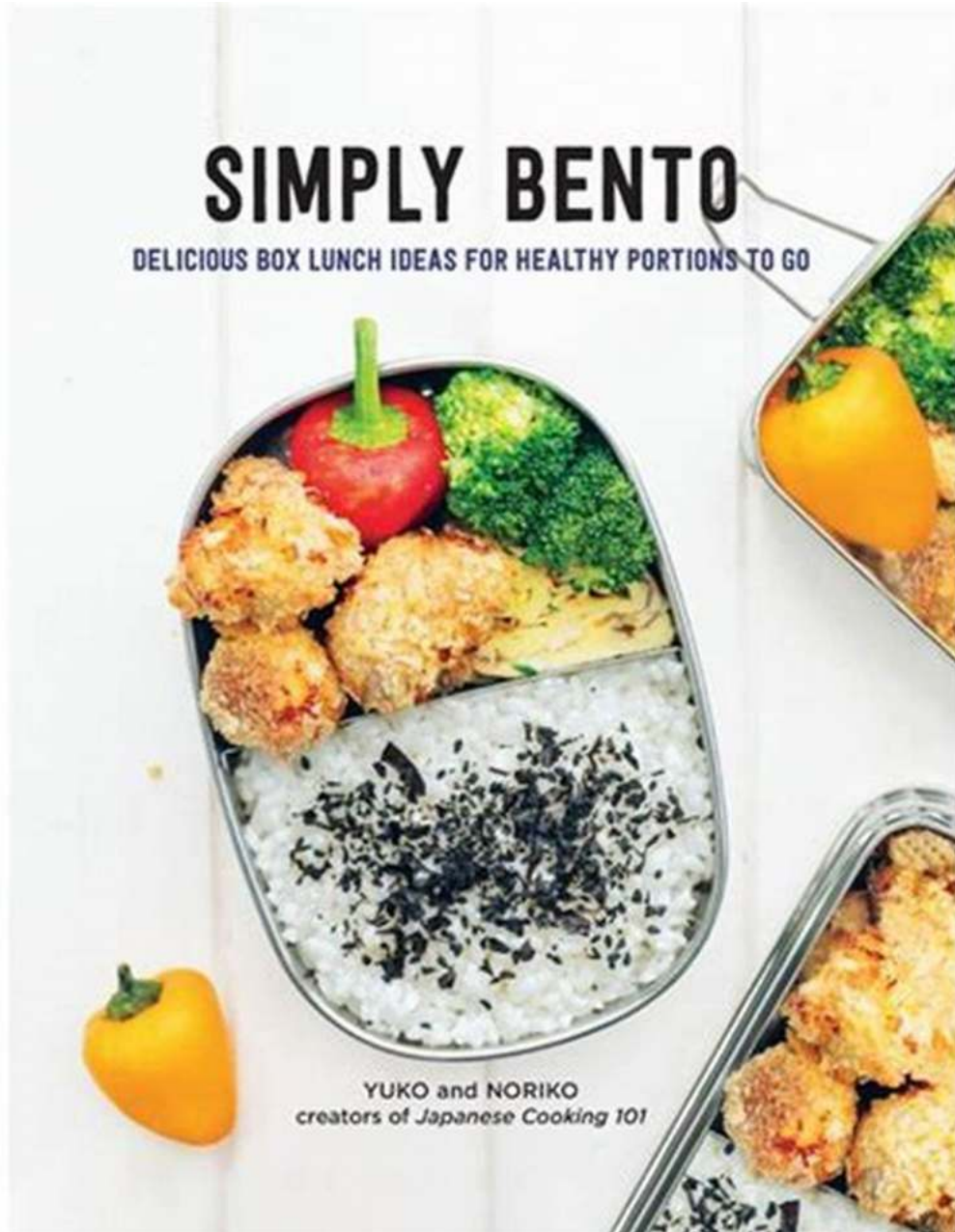


Delicious Box Lunch Ideas For Healthy Portions To Go



Are you tired of unhealthy fast food lunches or spending your hard-earned money on expensive restaurant meals every day? Look no further! In this article, we have compiled a list of delicious box lunch ideas that not only provide healthy portions but are also perfect for people on the go. With these recipes, you can

easily prepare nutritious meals in advance and enjoy them wherever you are. Say goodbye to unhealthy eating habits and say hello to these tasty and convenient options!

1. Grilled Chicken Wrap with Avocado Slices

Start your box lunch journey with this mouthwatering grilled chicken wrap. Take a whole-grain tortilla and add grilled chicken slices, mixed greens, and a few avocado slices. To add an extra burst of flavor, drizzle some low-fat ranch dressing or a squeeze of lime. This wrap is not only nutritious but also incredibly satisfying, providing you with enough energy to power through your day.



Simply Bento: Delicious Box Lunch Ideas for Healthy Portions to Go by Yuko (Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English
File size : 29444 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 208 pages





2. Quinoa Salad with Veggies and Feta Cheese

Quinoa is a superfood packed with protein and essential nutrients. Prepare a refreshing salad by combining cooked quinoa, diced bell peppers, cherry tomatoes, cucumber slices, and crumbled feta cheese. For the dressing, mix lemon juice, olive oil, minced garlic, and a pinch of salt and pepper. This flavorful quinoa salad is a perfect option for a light and healthy lunch on the go.



3. Asian-style Noodle Bowl with Tofu and Veggies

If you crave something with an Asian flair, prepare this delicious noodle bowl filled with colorful veggies and protein-packed tofu. Cook rice noodles according to package instructions. In a separate pan, sauté bell peppers, snap peas, and tofu with some soy sauce and ginger. Mix the cooked noodles with the sautéed

vegetables and sprinkle some sesame seeds on top. This noodle bowl will not only satisfy your taste buds but also keep you feeling full and energized.



4. Greek-inspired Chickpea Salad

For a Mediterranean twist, try this flavorful chickpea salad packed with goodness. Combine canned chickpeas, diced cucumbers, cherry tomatoes, diced red onions, crumbled feta cheese, and kalamata olives. Toss everything together with

a drizzle of olive oil, lemon juice, minced garlic, and a sprinkle of dried oregano. This Greek-inspired salad is not only delicious but also high in fiber and protein.



5. Roasted Vegetable and Hummus Wrap

This vegetarian wrap is both colorful and flavorful. Roast your favorite vegetables like peppers, zucchini, and eggplant with olive oil, salt, and pepper until tender and slightly caramelized. Spread a generous layer of hummus on a whole-wheat

tortilla, then add the roasted vegetables and a handful of baby spinach. This wrap is not only healthy but also satisfies your cravings for something hearty and delicious.



Eating healthy on the go doesn't have to be a challenge anymore. With these delicious box lunch ideas, you can easily prepare and enjoy nutritious meals wherever you are. Whether you prefer wraps, salads, or noodle bowls, these recipes provide a variety of options that are both tasty and satisfying. Say

goodbye to boring takeout and hello to delicious and wholesome homemade lunches!



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From the creators of the website Japanese Cooking 101, Simply Bento is a complete collection of over 140 delicious and healthy bento recipes for everyone in the family.

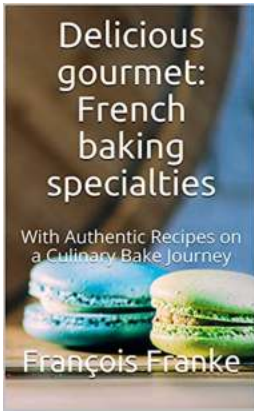
Ready to make lunch quick, easy, and tasty? Japanese bento boxes are single-portion packed lunches, perfect for anyone looking to save money and eat a balanced, satisfying meal for lunch every single day.

Simply Bento features 140+ healthy and delicious bento recipes—including mains and sides—that you can make every day of the week, using a combination of traditional and non-traditional ingredients. Learn about different types of bento boxes and accessories, how to assemble your box, and everyday items you will need in your pantry, as well as how to plan ahead so that your morning prep is a breeze.

Simply Bento shows you the finer points of bento-making, and there is something for everyone:

- Classic Japanese Bento
- Sandwich Bento
- Sushi and Onigiri Bento
- Noodle Bento
- Popular Japanese Bento
- 10-Minute Bento
- Rice and Grain Bowl Bento
- Low-Carb Bento
- Vegan Bento
- Bento for Special Occasions (including for the first day of school and Halloween!)
- Bento at Home

So, if you're in the mood for Chicken Teriyaki, Ramen, Shrimp Avocado Pasta Salad, Cauliflower Fried Rice, Falafel, Sweet and Sour Meatballs, Tempura, or Chicken Nuggets (for the kids), Simply Bento has the recipes—plus much more!



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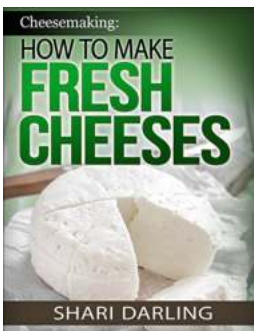
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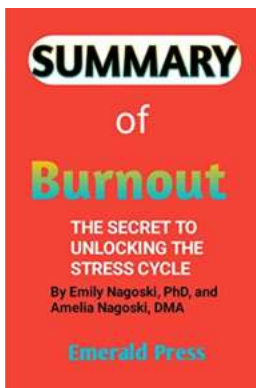
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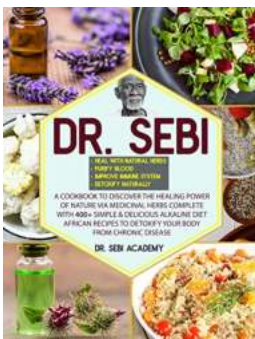
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