

"good the next day" bento/lunchbox friendly foods

proteins	carbs	combo foods	vegetables	fruits & treats
<p>fried chicken pulled pork edamame</p>	<p>pasta salad bread crackers</p>	<p>(Note the main nutrients. E.g. a chicken pasta salad is a protein, carb, veg combo)</p> <p>burrito - protein, carb pizza - carb, protein soup - protein, veg H chili - protein, veg H</p>	<p>carrots sugar snap peas radishes green beans chick peas (should that be protein?)</p>	<p>fresh cherries dried cherries pie cookies apple banana</p>

Basic bento-friendly foods are ok at room temperature for a few hours

Mark foods that require cooling with a **C**

Mark hot/warm foods that need to be carried in an insulated container with an **H**

This is a handout for Bento101: Getting Into the Bento Habit.

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