



Bento Box

Directions

A balanced bento box is designed to provide a well-rounded and nutritious meal that includes a variety of essential nutrients to fuel the body and mind. When creating a balanced bento box, aim to include a mix of macronutrients (carbohydrates, protein, and fats) and micronutrients (vitamins and minerals). Choose from any of the recipes above and customize by choosing one item from each category below.

Here's a breakdown of what a balanced bento box should typically have:

Carbohydrates:

- Whole grain bread, tortilla, or pasta
- Fresh fruit like berries, apple slices or grapes

Protein:

- Lean meats like grilled chick, turkey, or fish
- Dairy or dairy alternatives like Greek yogurt or cheese

Healthy Fats:

- Nuts and seeds like [Maisie Jane's Sweet & Salty Nuts & Seeds](#) or chia seeds
- Avocado slices

- [Maisie Jane's Smooth Almond Butter](#) (great for dipping!)

Vegetables:

- Carrot sticks, bell pepper slices, cucumber rounds
- Cherry tomatoes, sugar snap peas, broccoli florets

Treat:

- [Maisie's Milk Chocolate Covered Almonds](#)
- Trail mix
- Protein balls

Tip:

Get creative! You can customize this bento box idea based on your child's preferences and any dietary restrictions they may have. Whether they're a fan of savory dishes or have a sweet tooth, almond-infused recipes are sure to delight their tastebuds and fuel their learning!