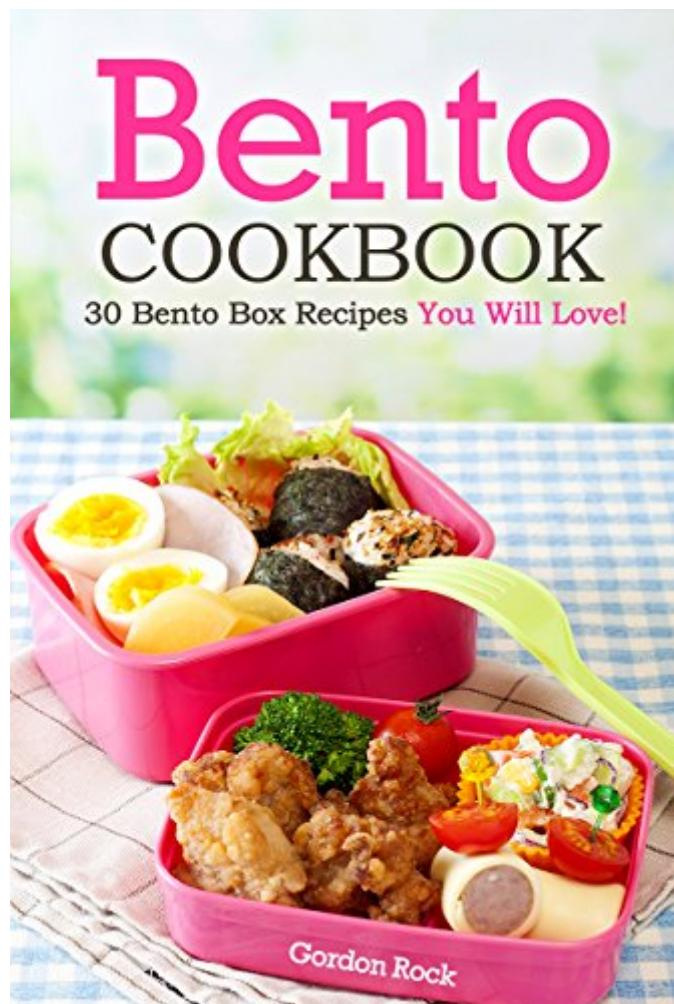


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Bento Cookbook: 30 Bento Box Recipes You Will Love!



Synopsis

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.==> BUY THIS BOOK TODAY AND GET BONUS COOKBOOK INSIDE!!

Book Information

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Customer Reviews

I don't usually recommend too many books but this one is a good one. My job isn't really close to any restaurants or fast food places, so I have to take my lunch. The recipes in this book are just delightful. From hand and caramelized onion grilled cheese to teriyaki chicken and vegetables with goat cheese. I would definitely recommend this book to anyone who packs a lunch, or basically

anyone who's looking to switch up their recipes a bit. The recipes are so creative and different. You definitely need to give this one a try. THERE'S EVEN MINI MEATLOAVES!!

I've been looking for some recipes that would keep in my lunch box for work for a while, so when a friend told me about this book, I had to try it. The cheeseburger cups are to DIE FOR. They are so filling and it wasn't even necessary to reheat them! All I had to do was prep the night before, and do all the baking while I was showering and getting ready for work. It was perfect. These recipes are so easy to follow, it's amazing the things I'd never thought to pack for lunch! This one is a must read!!

This book is terrible. The introduction is exceedingly rude. It's a rant about laziness. It goes on to state that greasy food is the cause of sluggishness at work. While this may very well be completely true, the author goes on to provide recipes for meatloaf, mini cheeseburgers, fried pork, vegetables fried in bacon grease, and other fried foods. In the conclusion, the author states that fruits and vegetables are a "must have", while most of the recipes are for meat dishes. The author alternates between metric and US customary units, even within one recipe. There are several instances of directions being confusing or missing words. Many of the pictures are very obviously NOT a preparation of the recipe. For example, one picture clearly shows hard boiled egg, onion, and carrot slices in a salad. The recipe calls for shredded carrots and cucumbers. No onions, no eggs. Another recipe includes rice; in the picture, rice is nowhere to be found. It looks like the author just used stock photos that included similar ingredients or sort of resembled the recipe. Other recipes include pictures in various kitchens. Most of the recipes are just ways to make some foods smaller. I'm not sure the author really knows what bento is, but some of them don't even attempt to make the portions small. As another reviewer said, grilled cheese is completely out of place in a cookbook about bento. The editing is terrible, too. I'm extremely disappointed in this book. It was a waste of a Prime borrow. There are a few recipes that sound tasty, but as a bento instructional book, this one completely fails.

I have no idea what this man thinks is in a bento but grilled cheese is certainly one of the worst ideas. Frankly, most of these are recipes for large meals that he says "... this recipe makes quite a lot for 1 or 2 bento lunch boxes, you can freeze the remaining..." Also, one of the 30 recipes is literally just how to make walnut miso paste to flavor veggies. If you're looking for a cookbook on making balanced bento meals, look someplace else. If you just want recipes to cook (for dinner

even) this is fine and you can put some in your bento box tomorrow.

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