



Bento Box Planner

A guide to simple, balanced meals



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HOW TO USE YOUR PLANNER

It's no doubt, meal prepping can be a boring and overwhelming. But it doesn't have to be! Let's start with boxed meals, or a BENTO BOX! With this guide, you can start embracing the process of meal prepping, while practicing self-care through choosing healthier options. Remember, you can start to improve your choices one meal at a time!

Let's get started!

Tips for Bento Box Assembly:

- Balance: Include a mix of all three columns (macronutrients) for a well-rounded meal.
- Portion Control: Use bento box compartments to manage portion sizes.
- Variety: Rotate ingredients to keep meals interesting and nutrient-dense.
- Prep Ahead: Cook proteins and carbs in bulk for easy assembly during the week.
- Add Veggies: Include colorful, fiber-rich veggies like carrots, bell peppers, or snap peas for extra crunch and nutrients.

This combination ensures a satisfying, energy-sustaining bento box that's perfect for lunches or snacks!



TIP: Make it budget friendly!

What are items other members of the family will eat, and what can be used for other meals throughout the week?

Use the next page to familiarize yourself with examples of foods that fall into the categories of proteins, carbs, and fats. This will help you build a clearer understanding of how to identify and balance these macronutrients in your meals.



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SAMPLE MACROS CHOICES

Proteins	High-Fiber Carbs	Healthy Fats
Grilled chicken breast	Quinoa	Avocado slices
Hard-boiled eggs	Brown rice	Olive oil drizzle
Tofu or tempeh	Whole-grain pasta	Almonds
Edamame	Bell pepper slices (red, yellow, or green)	Chia seeds
Turkey slices	Apple slices (with skin)	Hummus
Salmon	Chickpeas or lentils	Tahini dressing
Greek yogurt (unsweetened)	Black beans or kidney beans	Coconut flakes (unsweetened)
Cottage cheese	Whole-grain bread or wrap	Nut butter (peanut, almond)
Tuna salad	Oats (in a baked bar)	Cheese (feta, mozzarella)
Jerky	Broccoli florets	Olive oil drizzle
Protein shakes or bar	Cauliflower florets	Walnuts
Cheese stick or cubes	Raw carrots	Sunflower seeds



BOX EXAMPLES

Make yours as simple or as creative as you like!

Box Theme	Protein	High-Fiber Carbs	Healthy Fats
Protein-Packed Power Box	Grilled chicken strips (chilled)	Quinoa salad with diced cucumbers, cherry tomatoes, and a lemon vinaigrette	Avocado slices and a handful of almonds
Mediterranean Mezze Box	Chickpea salad (chickpeas, parsley, red onion, lemon, olive oil)	Whole-grain pita bread or crackers	Hummus and a few kalamata olives
Vegetarian Delight Box	Marinated tofu cubes (soy sauce, sesame oil, garlic)	Farro salad with roasted zucchini, eggplant, and a balsamic glaze	Tahini drizzle and a sprinkle of sesame seeds
Seafood Lover's Box	Smoked salmon or chilled shrimp	Sweet potato cubes	Avocado slices and a small portion of olive tapenade
Sweet & Savory Snack Box	Hard-boiled eggs and turkey roll-ups	Fresh fruit (apple slices, berries, or grapes)	Cheese cubes (cheddar or mozzarella) and a small handful of walnuts



LIST YOUR FAVORITES

It's time to make your own boxes! List your favorite proteins, high-fiber carbs, and fats below to start building lists of choices for each macronutrient. Next, build your plan on the next page with your own combinations!



Proteins



Carbs



Fats



LIST YOUR FAVORITE COMBINATIONS

Protein	High-Fiber Carbs	Healthy Fats