



# KINSHO TIPS + EATS

over

60 award winning bento prep tips + recipes to fit in your Kinsho bento



# Welcome to Tips + Eats!

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Hello! We wrote this *Tips + Eats* ebook to help you get great results from using our bento products. The resource goes beyond how-to-fill a bento tips and includes insight from our Founder's 4x award winning book *Mind to Mouth: A Busy Chick's Guide to Mindful Meals*. But you might wonder...

## What is kinsho?

*kinsho* is insight perceived in the kitchen and from food experiences.

We all have *kinsho*. Those flashes of knowing, of gut wisdom, that guide us (when we listen) to food and life choices in alignment with our best selves. *kinsho* deepens as we engage more fully with our meals, and ourselves.

Inspired by the idea that the way one cooks and eats is just as important as the food one chooses, Kinsho began creating kitchen-related products intended to help you engage more fully with meals and create happy, tasty mealtimes.

## Connect + Get more Kinsho

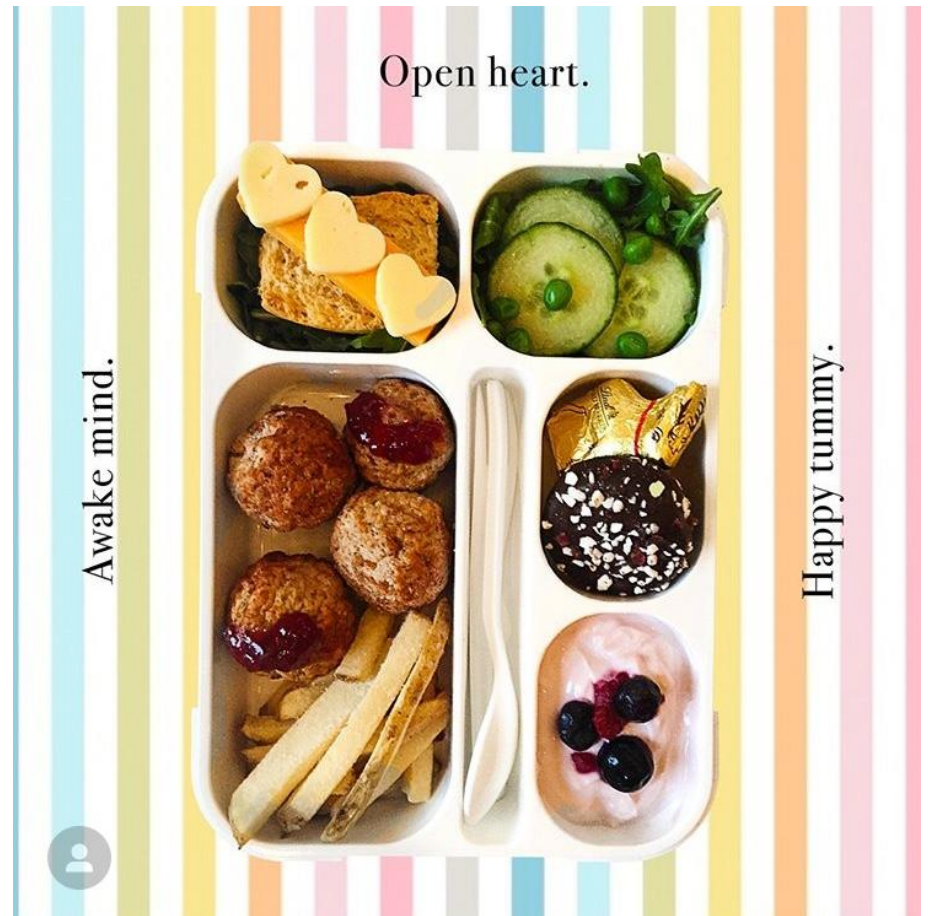
Our [instagram](#) and [website](#) have more inspiration and content. Please connect and let us know what you think!



# Intention

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Our intention is that Kinsho products and content will help you experience more flavor, ease and awareness for enlightened eats!



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- Background + Basics
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- Mindful Meals





# **BENTO BACKGROUND**

# From Convenience...

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- Neatly packed, visually engaging bento boxes form an integral part of Japanese food culture now and historically.
- The word bento (弁当) means “useful thing” or “convenient” and given our on-the-go lives it’s no wonder that they have grown in popularity around the world.
- Historically bentos were prepared as outdoor workers’ lunches and then as snacks and meals for nobles and travelers.
- Now they are commonly used for picnics with small or large gatherings, and purchased in railway stations, convenience stores and other places for eating fast and healthy on-the-go.



# ... to Love...

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- Bentos are also prepared as lunches for adults and children. Here they can act as a communication medium that conveys the feeling of the person preparing it.
- The time and attention that the mother, or wife, puts into creating a beautiful, tasty bento is understood to represent their love and devotion. For example, the *aisai* bento, or “bento made by loving wives,” is exactly what it sounds like.
- And this communication can work with various messages ...
  - Japanese wives who are angry at their husbands have been known to give them less-than-loving lunches of only uncooked rice, raw eggs, etc....



# ... to Mindful Self Care

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- ❑ Creating bentos for your own lunch can be an purposeful act of self care as well.
- ❑ Artfully arranged, perfectly balanced, and nutrient-filled bentos are uniquely suitable for enjoying with a few moments of calm at a desk, lunch room table or on a park bench!





# Occasions + Styles

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- In Japan there are several types of meals that are called bento. However they are all meals packed into a box type container.
- For simplicity they can be divided into bento for special occasions (picnics and group meals with special food) and bentos for every day.
- This book will focus on everyday bentos with tips to help busy households create daily bento lunches that feel special and fully satisfy the eater.
- Once you get the hang of creating bentos with ease and aplomb you may start integrating them into your own picnics, parties and gatherings.
- What better way to make an outing feel special than beautifully packed lunches for the group!



# Form + Function

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- ❑ Boxes are the traditional bento format. There are various styles in the world and they can vary by size, number of compartments, leakproof or not, etc.
- ❑ Bento bowls are less well known, but given that bowl food has been a growing trend we brought ours over to help you enjoy it!
- ❑ The two forms will support different types of meals given the volume and compartment size, as you will read.
- ❑ The following content will include tips for both Kinsho bento boxes and bowls!





# **BENTO BASICS**

# Kinsho Bento Mindset

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The process of creating your bento can be mindful, relaxing and creative when you infuse presence and intention into the process.

Prepare to prepare

- Sometimes the simple act of acknowledging the endeavor you are about to take starts it off on a smoother path.
- When we move distractedly between actions we can be less efficient and make mistakes.
- Do an [ABC check-in](#) to focus your awareness and bring your mind to here and now.

# Four Bento Principles

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Whether you are creating a bento box, snack or bowl there are a few guiding principles to keep in mind:

- **TASTE:** this may sound obvious, but thinking about taste and flavor can help you create crave-worthy lunches that get eaten with gusto.
- **SATISFACTION:** bentos are meant to provide sustenance until the next meal. Understanding hunger will help satisfy it.
- **BALANCE:** this applies to several elements including nutrients, flavors and more.
- **BEAUTY:** simply having a bento box can make a basic meal look great! The following easy tips can help you elevate this even more.



# Bento Box vs. Bowl

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You will experience meals differently when using [bento boxes vs. bowls](#). This is due to their shape and how our mind and senses interact while eating.

## Bento Box:

- Supports portion size management.
- Prompts eating a variety of food.
- Helps create visually appealing food composition.
- Promotes greater flavor enjoyment.

## Bento Bowl:

- Perception of expecting a hearty, satisfying and healthy meal.
- Experience more fragrance and aromatics.
- Feel full while eating less.
- Prompts feelings of comfort.



# Keeping it Simple

- While there are endless creative ways to fill your bentos, we know time can be tight. There is no need to wake up hours early to create these bentos, unless you want to!
- Very simple food that needs little prep time can become a joy to consume when neatly arranged in your bento.
- We invite you to embrace both the tips we include for embellishment as well as ideas for straight forward food combinations that can be prepared with ease and grace.





**TASTE**



# Taste

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- Lunches and snacks should be tasty! Did you know that taste is different than flavor?
- The two words are often used interchangeably but have different nuances that can help you create great bentos.
- Taste is identified by receptors on our tongue, which distinguish between five elements:
  - ▣ Sweet
  - ▣ Salty
  - ▣ Bitter
  - ▣ Sour
  - ▣ Umami
- This tongue-centric experience is very one-dimensional.
- At your next meal, don't look at your food as you hold your nose and ears closed for a few chews. You may not recognize what is in your mouth based solely on taste.



# Taste Enhancers

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- Think about including multiple tastes, even if just a touch. Don't overload on one.
- Here are a few examples:
  - **Sweet:** fresh or dried fruit, honey, maple syrup
  - **Salty:** salted nuts, soy sauce, olives
  - **Bitter:** bitter greens (arugula, etc.), citrus peel, cranberries, cocoa powder
  - **Sour:** lemon, vinegar, pickle, yogurt
  - **Umami:** parmesan cheese, mushroom, shellfish, nori
- 



Photo credit Kristin Koskinen, RDN

# Flavor

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- Flavor is a broader experience than taste and is constructed in our brains. It incorporates inputs from our:
  - **Senses:** Such as the color, scent and texture of food.
  - **Mind:** Mental aspects such as memory of past experiences with the food.
  - **Contextual sensations:** Like eating corn on the cob with our hands and surrounding.
  - **Emotions:** Mood can impact flavor as well – eating in a bad mood is shown to impact the flavor of a meal. And happy meals do taste better...



Note: Distracted eating will decrease flavor as our attention is diverted. Tune into your senses and food color, scent and crunch to experience the maximum flavor!

# Flavor Enhancers

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- Here are a few contextual ideas to enhance flavor:
  - ▣ Plan for some food to be eaten with fingers and utensils.
  - ▣ Send a note or joke with lunch to spark a smile.
  - ▣ Include a food associated with special occasions to inspire the good memory and great flavor.



Photo credit: Lily Schwartz

# Flavor + Portion Size

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- ❑ Flavor actually decreases with each bite of the same food!
- ❑ Its called sensory-specific satiety. Your taste buds experience diminishing returns with continued exposure to the same flavor.
- ❑ Keeping portion size smaller can maximize enjoyment of a food – your last bite will taste better with a smaller portion.
- ❑ Including multiple items, like a bento box supports, will perk up your taste buds as you switch to new flavors!





**SATISFACTION**

# Satisfaction: Fulfilling Desire

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- There is an important distinction between fulfilling desire (satisfaction) and relieving hunger (satiation).
- **Satisfaction** from a meal comes from more than the volume of food eaten.
- To satisfy is to enjoy the taste, flavor, and experience of food.
- This is different from relief of hunger, but we often use “satisfaction” to mean both.
- How often has your stomach been stuffed but somehow you aren’t satisfied and continue to seek more?
- Knowing the difference can help you create optimal meals!



Photo credit: Alison McDonald

# Satisfaction Enhancers

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- Increased satisfaction comes from:
  - Taking more sensory pleasure in the meal.
  - Noticing how tasty a meal looks and smells.
  - Taking time to eat a bit slower.
  - Enjoying ourselves on our own or with friends/family .
- Luckily bento meals naturally support this. Think about including:
  - A variety of colors, shapes, textures to pique sensory attention.
  - Preparing the ingredients in a pleasing arrangement.
  - Perhaps a reminder note to relax, take your time and savor each bite!

*pretty food = happy food*



 kinsho  
*enlightened eats*

 kinsho



# Satiation: Relieving Hunger

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- **Satiation** means feeling full and relieving hunger.
  - There was a Satiation Index developed in 1995. The highest scoring food were high in Protein, Fiber or Volume (like water or air) and low in Energy Density.
  - The most filling foods include:
    - Boiled Potatoes
    - Eggs
    - Fish
    - Oatmeal
    - Soup
    - Meat
    - Greek yogurt
    - Vegetables
    - Cottage cheese
    - Legumes
- (Read more [here!](#))



# Satiation Enhancers

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- The texture of a food can increase satiety.
- [Researchers](#) found that people who eat a texturally complex meal, feel full faster than eating a low-texture meal with the same amount of flavor and calories
- Think about including:
  - ▣ Crunchy fresh veggies (cukes, carrots) and juicy fruit (watermelon, fresh berries).
  - ▣ Cutting food into shapes that add texture.
  - ▣ Toppings/sides like seeds, croutons, wonton strips and dried fruit.
  - ▣ Texture power combos like Ants on a Log (celery filled with nut butter and topped with raisins).



# Are you Really Hungry?

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- Science has also found several channels that trigger the feeling of hunger, even if our tummies are not.
- Read them on the next page to help you meal prep and eat with more awareness!



Note: Try putting “your mind in your belly” when you think you want to eat and asking if it is really hungry. If not, inquire again where the hunger lies. You may be surprised with the answer!

# Know Your 9 Hungers

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- **Visual Hunger.** We all have the natural desire or urge to look at food. The beauty of the food matters, whether it's physical or virtual (e.g., food pics on Instagram or in cookbooks). We can satisfy this type of hunger by feasting our eyes on our colorful, well presented bentos while digging in.
- **Nose Hunger.** Our sense of smell is linked with taste. Hold your nose while eating something and notice how the taste changes. The lovely scent coming out of the oven or our bentos can prime our digestive juices.
- **Ear Hunger.** The sounds of meal preparation, such as the sizzle of bacon, can kick-start salivary glands. The sound of crunchy food can also satisfy us when we pay attention, apples and celery for example.
- **Mouth Hunger.** Food can taste good! And as one craving for flavor is satisfied, our mouth hunger can perk back up if we switch to new tastes. The multiple compartments in a bento can add to the enjoyment of a meal.
- **Stomach Hunger.** When our tummies rumble, it could mean there's an absence of food there, but a growl can occur at any time on an empty or full stomach. The rumbling is from the muscular activity in the stomach and intestines and from gas moving around. How much stomach hunger will your bento eater be experiencing? Prior meal size and activity level may impact this.
- **Cellular Hunger.** When our bodies need particular nutrients, there may be physical manifestations like a headache, fatigue, or irritability. Understanding this in ourselves takes sensitivity and inner wisdom. Creating nutrient-rich bento meals will always be beneficial.
- **Mind Hunger.** Our minds are busy (and maybe stressed). Our perceptions about food we should or should not be eating, for whatever reason, can impact what we want to eat.
- **Mindless Hunger.** This is when we eat out of habit or are distracted and eat on autopilot, such as in front of a computer, TV or phone screen. Bento portion sizes can help moderate this.
- **Emotional Hunger.** Often, eating is linked to emotions. We may associate foods with treats from our past or think of them as offering a sense of relief from unpleasantness. We may turn to food for comfort. The smaller portions sizes in some bentos are great for including a little treat!



**BALANCE**

# Holistic Balance

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- Balance is a term tightly linked with bento preparation.
- Bento boxes support balance across a few areas that support tasty and satisfying meals:
  - ▣ Portions
  - ▣ Nutrients
  - ▣ Color
  - ▣ Shape
  - ▣ Cooking Style
  - ▣ Flavor



# Balanced Portions

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- Dividing the meal proportionally will help you assemble a nutritiously balanced meal.
- The most important rule is to not have too much of one thing but instead bring balance to your meal with a variety of different food.
- Be sure to understand the volume of your bento compartments to be mindful of portion sizes.

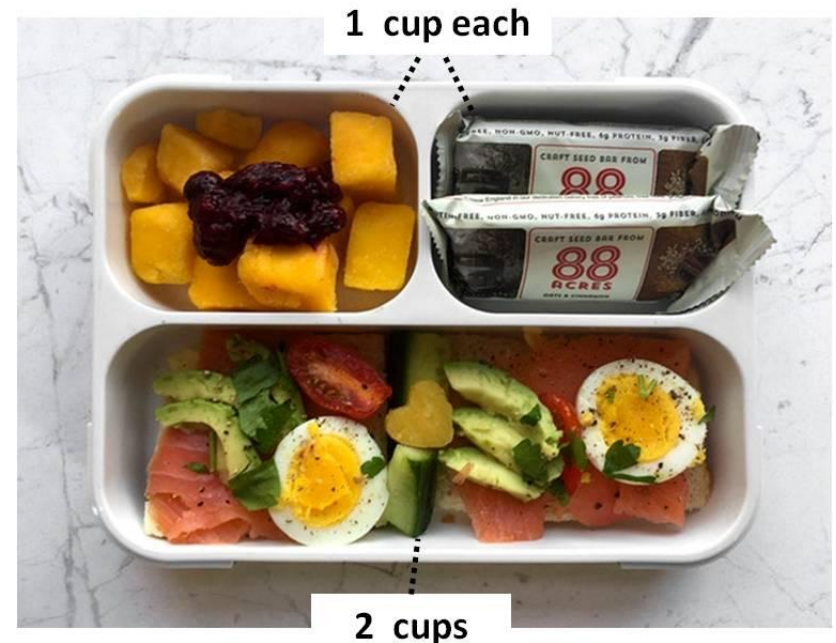


# Balanced Nutrients

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- Daily nutrition needs vary by age and gender. Your bento can contribute nutrients to your unique situation.
- We like to ensure there are always complex carbs, protein, fruit and veggies.
- Here are other ideas for balancing your nutrients...
- Traditional Japanese bento boxes:
  - ▣ 50% carbs, 50% proteins + vegetables + other sides as a starting point.
- USDA MyPlate recommendations:
  - ▣ Make  $\frac{1}{2}$  your plate fruits of veggies
  - ▣ Vary your veggies
  - ▣ Focus on whole fruit
  - ▣ Make  $\frac{1}{2}$  your grains whole grains
  - ▣ Move to low/no-fat milk and yogurt
  - ▣ Vary your protein routine

*satisfying portions*





# Balance through Form

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- Translating this to your bento will be a personal experience.
- There is no absolute equation for filling the sections but selecting a variety of whole veggies and fruits, carbohydrates, protein and healthy fats will provide balance within the meal.
- These should be chosen relative to the activity level of the day and what other foods will be consumed.
- Having a selection of bento styles at hand can help you be prepared to easily make your meals balanced based on your daily context in addition to the food you have on hand.



# Balanced Color

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- You may notice that good looking bentos have a variety of colors. This is done with intention to please and satisfy the eater!
- One issue that can happen is a meal may have too much brown or yellow/white. Many foods can turn brown from cooking and processed food can often be yellow/white.
- To offset this, think about bright colors like Red, Green, Blue/Purple and Orange.
- These colors can be large or small parts of the meal composition, but including them can make all the difference.
- Notice here how the pomegranate seeds and parsley balance out the brown grains and yellow/white colors.



Photo credit: Sean Widman-French

# Balanced Shape

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- Including a variety of shapes make bentos fun!
- Even a simple bento with a sandwich can look inviting when surrounded by circles, sphere, triangles and little rectangle corn kernels.
- The bowl shows how different sizes of circles alongside other shapes makes this beautiful spectrum of green an eye catching arrangement.



# Balanced Cooking Styles

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- Different cooking methods impart unique texture and flavor.
- Think about varying the cooking style of what you include across:
  - ▣ Raw
  - ▣ Boiled
  - ▣ Steamed
  - ▣ Fried
  - ▣ Baked
- Processed foods will also add to this mix. Be aware of how each part impacts the whole presentation.

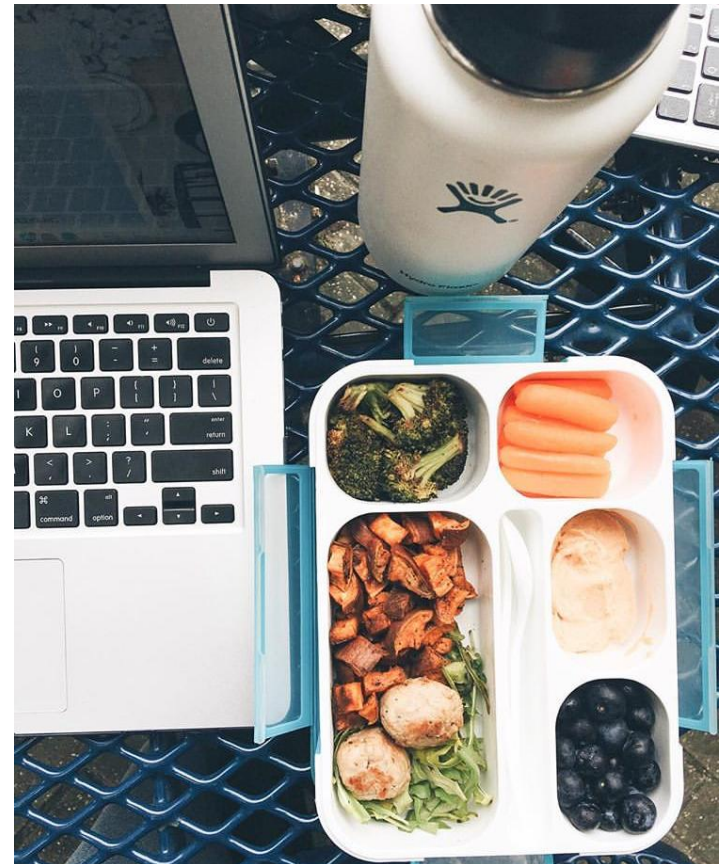


Photo credit: @littlecrum19

# Balanced Texture

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- Including small amounts of different textures will add balance and interest to your bento.
- Traditional bentos excel in this – crunchy shrimp tempura with soft rice, tender vegetables with chewy pan-fried dumplings...
- Think about including complementary textures such as:
  - ▣ Dry <-> Juicy
  - ▣ Smooth <-> Chunky
  - ▣ Soft <-> Crunchy
  - ▣ Tender <-> Chewy



Photo credit: Hilary Hoffman

# Balanced Flavor

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- Remember is that that food at room temperature will taste different than food that is cool or warm.
- For example, cheese and fruit will have more aroma at room temperature, but soups and casseroles may lose flavor as they cool down.
- Consider what you are serving and if it will benefit from more flavor. Then use extra seasoning to support the flavor desired.



# Balanced Treats

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- The nice thing about multi-compartment bentos is there is always room for a small treat.
- With balanced foods filling the majority of space, a small flourish to finish a meal makes it feel special.
- It can be whatever is most appreciated by the eater, and does not even have to be sweet, but can be a thoughtful finish to their lovely bento lunch!



# Keeping it Simple

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- If this seems like a lot to balance, just pick one to start!
- Balancing one element will naturally impact the rest.
- So try starting where it is easiest for you and watch how your bento evolves!
- The next section on Beauty will give more tips for bringing each balance point to life to help you get started.







**BEAUTY**

# Our Eyes Eat First

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- We eat first with our eyes and this is where bentos truly shine!
  - [Research](#) has found that people enjoy artfully designed food more than the same food arranged haphazardly.
  - They also think it is tastier and would pay more for it!
- Using pleasing arrangements of bright colors and interesting shapes (like mentioned in the Balance section) will lead the eye around the meal increasing anticipation of the first bite.



Photo credit: Lily Schwartz

# Make it Colorful

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- Traditional Japanese bentos will include a food across 5 colors:
  - ▣ White (such as rice)
  - ▣ Black (like nori)
  - ▣ Yellow (like omelet)
  - ▣ Red (shrimp)
  - ▣ Green food (cooked greens)
- You may choose different food, but be mindful about including multiple colors.



Photo credit: Alison McDonald

# Bright + Beautiful

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- Using color not only makes it beautiful but helps consume a variety of nutrients.
- Often the boldest colors are the healthiest as well!
  - ▣ Hint - to brighten a vegetable's color, boil it quickly and rinse! Add a bit of salt to taste.
- Try to separate similar colors, like green peas and melon, by putting other colors of foods in between to make the bento more visually appealing.



Photo credit Kristin Koskinen, RDN

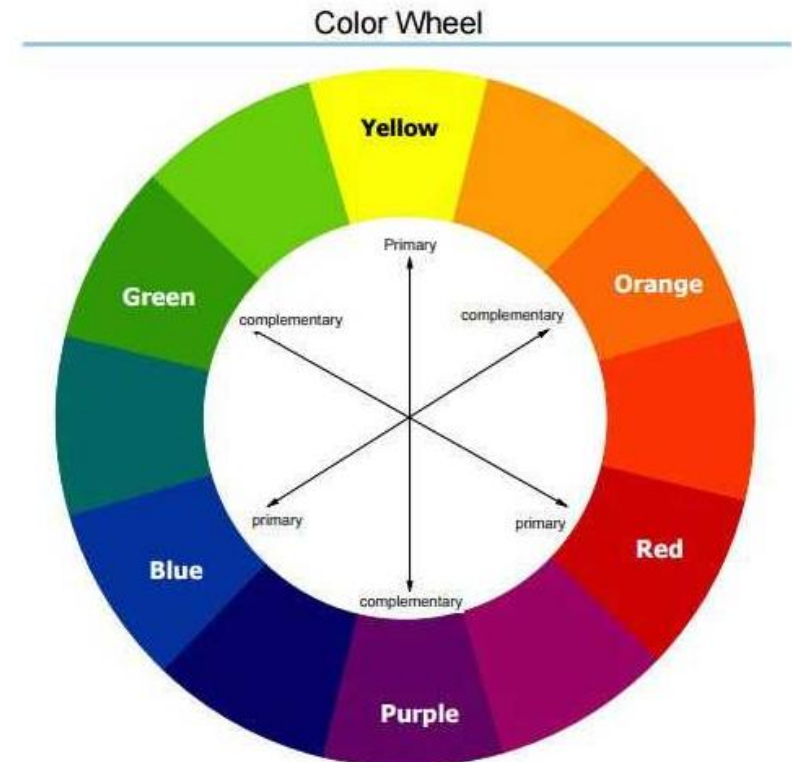
# Color Thought Starters

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Here are thought starters for food colors across the spectrum:

- **Red:** tomato, red radish, beets, purple cabbage, red pepper, apple, strawberries, plum, raspberries, goji berries, red grapefruit, watermelon, dragon fruit, etc.
- **Yellow & Orange:** carrot, corn (kernels and baby corn cobs), sweet potatoes, orange and yellow bell pepper, yellow squash, orange/clementine, cantaloupe, lemon slice, banana, etc.
- **Green:** spinach, lettuce, kale, cucumber, green onion, sprouts, edamame, zucchini, broccoli, avocado, peas/pea pods, asparagus, bok choy, green beans, kiwi, honeydew melon, green grapes, etc.
- **White:** potato, rice, bread, onion, jicama, white mushroom, sesame seeds, chopped almonds, coconut, etc.
- **Black & Brown:** dried blueberries, mushroom, *nori* (dried seaweed), black sesame seeds, walnuts, brown bread, chocolate, chia seeds, etc.

The color wheel may inspire you to include complementary colors for great combinations!



# Abundance

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- Our eyes love visual stimulation! Being generous with ingredients can help you compose a masterpiece.
  - ▣ Try layering and overlapping your ingredients for an abundant presentation.
  - ▣ Using smaller compartment portion sizes and filling them completely, can also make the presentation seem lavish.



# Shapes

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- Using a variety of shapes also adds to beauty in a bento composition.
- They are already present in the food you are using – you just need to start noticing!
- Look for natural shapes intrinsic to your food:
  - ▣ Circle, oval, square, rectangle
- Check out prepared food:
  - ▣ Pasta (many to choose from here!), goldfish, animal crackers ...
- Cut food in a new way:
  - ▣ Diagonal, strips, square, roll ups, using cookie cutters...



# Chop It

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- There is something very visually appealing about nicely chopped food.
- All you need are basic knife skills to make a well chopped presentation that invites an immediate bite!
  - Think about chopping in different sizes or shapes to suit the eater and the food.
  - And consider untraditional pairings of shape to food, such as an apple cut into small baton sticks or extra thin slices in a mandoline.
  - The novelty of food presented in a new way will make the eater curious and spur paying more attention to the meal, supporting greater enjoyment.

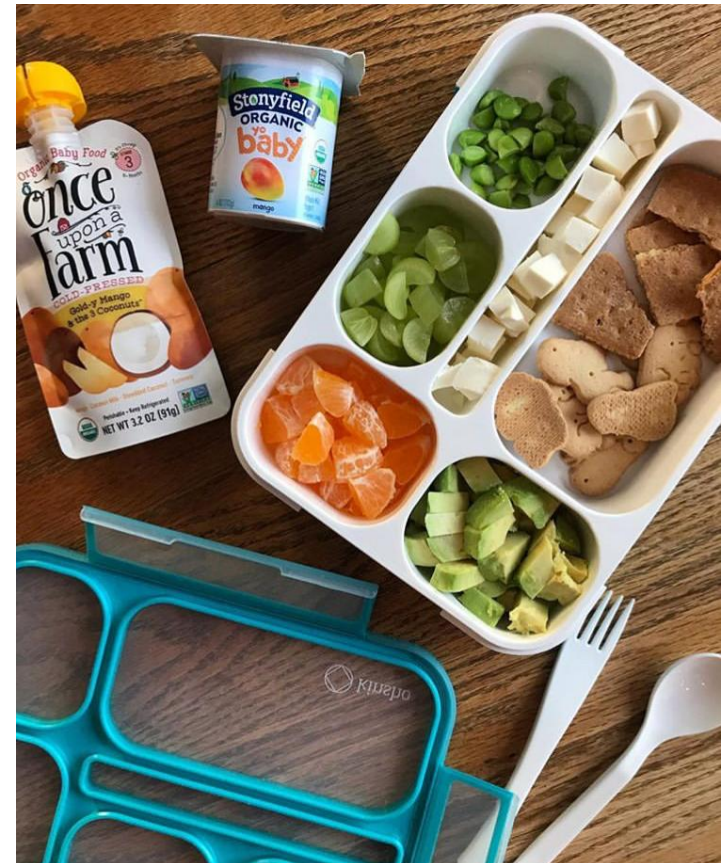


Photo credit: @myhungryhungryhippo



# Sprinkle it On

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- Depending on the age and proclivity of the eater, sprinkles of additional ingredients can make a simple meal into a gorgeous display.
- Consider adding pops of color and nutrition with:
  - ▣ Nuts, seeds, coconut, cacao nibs...
  - ▣ Dried cranberries, raisins, pomegranate seeds, chopped fruit...
  - ▣ Sliced, or diced veggies, edamame, peas or corn kernels, black beans, chickpeas, green onions, herbs...
  - ▣ Crumbled potato chips or veggie chips, shredded/crumbled cheese, boiled eggs, croutons, toasted oats...
  - ▣ Spices like red pepper flakes, cinnamon, sea salt ...
- Virtually anything you would consider as a larger portion can be reduced in size to turn into an extra special sprinkle. The list is endless.



# Accessories

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- There are many bento accessories such as picks, silicone cups and dividers, sauce cups and decorative elements to add to the beauty of a lunch.
- These can be both cute and functional:
  - ▣ Keeps food separate, like the ham is away from the veggies in the photo.
  - ▣ Keeps food together, like grapes on a mini toothpick.
- Be sure to make sure the accessories are age appropriate and not a choking risk.



Photo credit: Lily Schwartz

# Visual Interest

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- This bento shows several ways to add shape and color:
  - ▣ Pressed bread in silicone muffin cup
  - ▣ Strawberry flower
  - ▣ Cucumber cutouts
  - ▣ Carrot slice roll ups with decorative pics
  - ▣ Cheese shapes with crackers
  - ▣ Cute panda cup with sauce



Photo credit: Lily Schwartz

# Set the Table

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- While we can't always control where we and our families eat, preparing a visually appealing bento box can impact how we eat.
- [Researchers](#) have found that eating more slowly may help with digestion and weight loss.
- Creating good looking bento lunches that invite paying attention with all the senses can help us slow down a bit so we are less likely to over consume.
- And the effect of presenting food neatly, rather than all jumbled, may focus our attention on what we're eating so that we notice the textures and flavors. This is linked to greater satisfaction.



# Complement the Moment

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- Lunch time is a break we all look forward to and it should be enjoyable!
- But even small amounts of stress can taint the taste of a meal.
- One [researcher suggests](#) to simply have a good laugh before a meal to lighten the mood.
- Think about what you can do at lunch to increase ease and make it a more enjoyable, and tastier, experience!
  - ▣ Include a cheery folded napkin.
  - ▣ Share a joke.
  - ▣ Play favorite music.
  - ▣ Choose your location for optimal enjoyment - sit by a window or near some flowers.
  - ▣ Clear off the papers and close the laptop.





# PACKING

# Room Temperature

55

- Bentos are traditionally meant to be eaten at room temperature. This is another reason they work so well for lunches and snacks out of home!
- Choose food that will maintain good taste and texture at room temperature.
- Always remember food safety, if food will not be refrigerated use an ice pack to maintain at a safe cool temperature until lunch time.



# Frozen Food to Keep it Cool

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- ❑ Besides including ice packs to a lunch bag, consider including frozen veggies or fruit inside a bento compartment.
- ❑ This will help cool down all the contents and the frozen food will end up close to room temperature, depending on how long you leave it out.
- ❑ Some favorites:
  - ❑ Peas. Corn, Edamame
  - ❑ Mango, Pineapple, Grapes
- ❑ You can also make sandwiches on frozen bread, which works the same way!



Photo credit: Kristin Koskinen, RDN



# Packing Tight

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- In addition to looking plentiful, filling your bento compartments tightly will help keep food from moving around when being transported.
- This will keep food and any visual presentation you added staying neatly in place.
- A filled-to-the-brim bento can mean that you can use a smaller size bento box as well.
- In each section:
  - ▣ 1<sup>st</sup>: Pack pre-shaped, larger foods
  - ▣ 2<sup>nd</sup>: Add smaller/flexible food on top and in remaining spaces
  - ▣ 3<sup>rd</sup>: Add a small items and garnish to fill in gaps and make the presentation shine!



# Packing Loose

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- When appetites do not need a fully filled bento you can still use the various compartments to separate the food.
- The white background of the bento box (as opposed to colored plates/lunch boxes) will help the colors look vibrant and inviting.
- Use toothpicks or bento picks to keep food from coming apart on the journey to lunch.



Photo credit: Hilary Hoffman

# Packing 3-D: Boxes

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- One of the simplest tips for adding visual interest to your bento is to add layers of different food.
- Packing a box with a 3-D approach will add color, texture and fun!
- Try:
  - ▣ A lettuce “bed” underneath other food.
  - ▣ Creating a “garden bed” of various veggies or fruit.
  - ▣ Think 7 layer salad in a box. Use different layers in each compartment, such as greens, rice, beans, cheese, veggies, meat, sauces and toppings.
  - ▣ Make open-faced sandwiches to fit the compartment. Bread on the bottom with butter or mayo to keep the ingredients from soaking the bread and add the layers on top.



Photo credit: Lily Schwartz

# Packing 3-D: Bowls

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- Bento bowls are naturally thought of as having layers. Hence their photo appeal!
- Build your bowls from the bottom up with layers such as:
  - ▣ Greens (lettuce, spinach, kale, etc.)
  - ▣ Grains (rice, quinoa, millet, etc.)
  - ▣ Proteins (beans, fish, meat, tofu, tempeh, etc.)
  - ▣ Fresh, roasted, or steamed veggies
  - ▣ Sauces/dressings to complement the main ingredients
  - ▣ Sprinkles (cheese, seeds, nuts, chopped herbs, dried fruit...)



Photo credit: Kayla Kaplan



# PLANNING

# Planning Intentions

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- Due to their neat compartments, bentos can support an orderly approach to planning and creating meals.
- Take some time before the beginning of the week for an inventory of the food you have in your kitchen and think about which meals may give you leftovers for ingredients.
- Think about what foods are seasonally fresh.
- Consider what activities may impact your hunger (sports, workouts) and other scheduling influences (like being in the car all day and needing to plan for more snacks).
- If you have intentions for the week around health or nutrition you can integrate those into your bento plans as well.



# Bento Mindset

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- The process of creating your bento can be mindful, relaxing and creative when you set the stage with great ingredients and are present and focused.
  - ▣ Clear an area on your counter of surrounding clutter to create a prep space.
  - ▣ Bring out your pre-prepped ingredients and other foods and accessories.
  - ▣ Neatly line up everything up – you will be surprised how this simple trick can create more ease.
  - ▣ Take a few deep breaths to center yourself.
  - ▣ Notice and enjoy the colors, scents and flavors of the meal as you go.
  - ▣ Appreciate this opportunity to feed the ones you love (including yourself!) with delicious food from farmers and the many people involved in bringing the food to your kitchen!



# Choose your Box

64

- Choose the bento configuration that will best suit your planned menu.
- Boxes with fewer compartments can hold more items when using silicone cups or other dividers to separate the items.

## Large Bento Boxes



## Mini Bento Box





# General Filling Ideas

65

[Kristin Koskinen, RDN](#) recommends the below as starter ideas for filling your bento:

- **~1 (or more) Vegetables (Cooked or Raw):** celery, broccoli, carrots, cauliflower, cucumbers, sliced peppers, cherry tomatoes, mushrooms, salad greens, green beans, beets, potatoes, sweet potatoes, etc.
- **~1 (or more) Fruits:** slices apples, oranges, or pears, pineapple or mango chunks, grapes, melon cubes, plums, no-sugar added apple sauce, raisins, dates, etc.
- **~1 Leaner Protein:** cubed, sliced, or shredded turkey, chicken beef, or pork; smoked salmon, cod, halibut, hard-boiled eggs, yogurt, legumes (lentils, kidney beans, black beans, navy beans) etc.
- **~Whole Grains:** Quinoa, oats, kasha, rice, pasta, pasta salad, tortilla wraps, whole grain crackers, whole grain bread cut to fit your containers or used to make finger sandwiches.
- **~Fattier Proteins:** cheeses, nuts, seeds, nut butters, seed butters, avocado, etc.
- **~Dips and Spreads and Other:** guacamole, humus, nut and seed butters (almond, peanut, cashew, sunflower seed, etc), salad dressings, olive oil, marinara sauce, salsa, high-quality ranch or other favorite vegetable dip, olives, sauerkraut.
- **~Leftovers:** The tidbits that you might have thrown away before are now right-sized for your Bento!

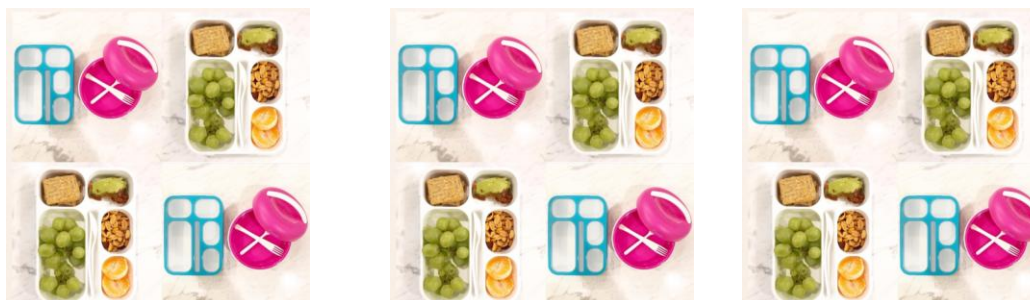


Photo credit: Christina Chu

# Same Sides – Swap the Main

66

- When planning several meals, consider pre-filling (and refrigerating as needed) a few bentos with consistent sides and adding fresh, new main course for each day
- Some easy sides include:
  - ▣ Hard boiled eggs, cheese sticks
  - ▣ Cottage cheese, yogurt
  - ▣ Salty snacks, crackers, crisps/puffs, nuts, raisins
  - ▣ Fruit that does not need to be cut up like dates, grapes, clementines, berries
  - ▣ Fruit squeezies, granola bars



# Pre-Made Salad Kits

67

- A super simple way to create a meal is to transfer pre-made salad kits into your bento.
- These are available from several stores and companies.
- A few flavors to look for from [Fresh Express](#):
  - Caesar
  - Asian Chopped Sesame
  - Country Dijon Chopped
  - Cherry Almond Blue Cheese
  - Chipotle Cheddar
  - BBQ Ranch Chopped
  - Southwest Chopped
  - Pear Gorgonzola
  - Sweet Kale Cranberry

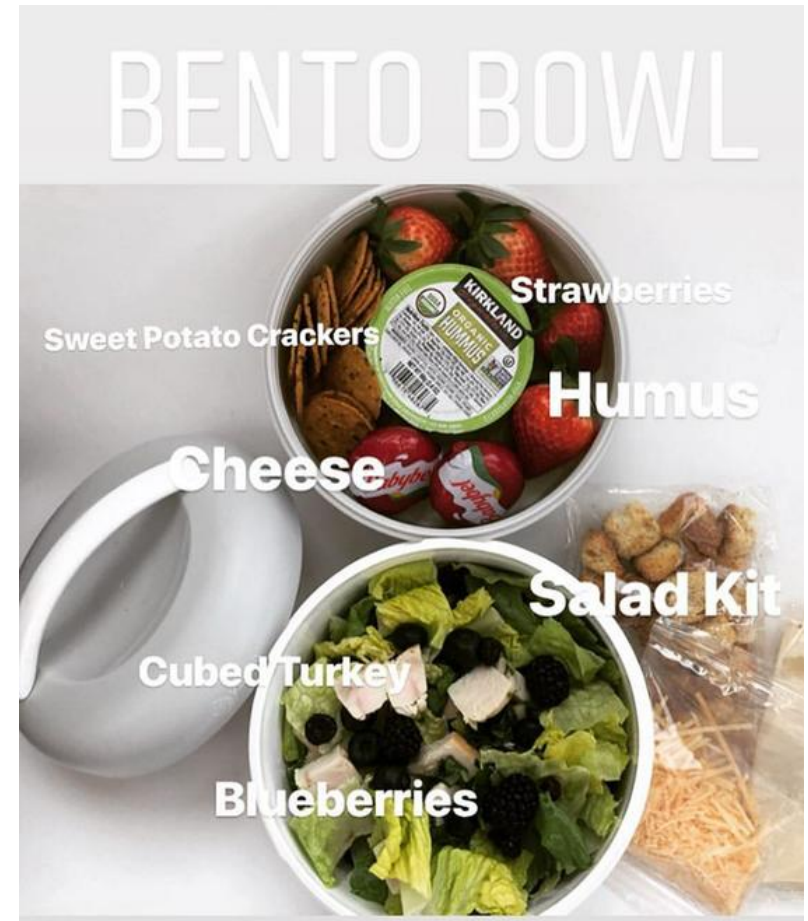


Photo credit: Kristin Koskinen RDN

# Bento DIY

68

- The multiple compartments in bento boxes also facilitate real-time DIY lunches.
- Making some meals right at lunch time can decrease sogginess, etc.
- Consider these ideas:
  - ▣ Tacos
  - ▣ Pita sandwiches
  - ▣ Loaded baked potatoes
  - ▣ Yogurt with mix-ins





Photo credit: Kristin Koskinen RDN

# Bento Templates

69

- [Kristin Koskinen, RDN](#) also designed these templates for our 6 compartment boxes.
  - Simply combine the items for 3 or 4 compartment boxes.
- Follow her lead to create lunches that feed your tummy and please your senses!

Meal Templates for  kinsho Bento Boxes		
<b>VEGETARIAN</b> <ol style="list-style-type: none"><li>1. Bean salad</li><li>2. Sliced peppers</li><li>3. Sliced cucumbers</li><li>4. Almonds</li><li>5. Grapes</li><li>6. Feta cheese</li></ol>	<b>DELI BOX</b> <ol style="list-style-type: none"><li>1. Sliced deli meat</li><li>2. Whole grain crackers</li><li>3. Cheddar cheese slice to fit crackers for stacking or cubed</li><li>4. Sliced sweet peppers</li><li>5. Slice apples</li><li>6. Hummus</li></ol>	<b>BREAKFAST-FOR-LUNCH</b> <ol style="list-style-type: none"><li>1. Scrambled or hard-boiled egg</li><li>2. Sliced mushrooms</li><li>3. Tomatoes</li><li>4. Baby Spinach</li><li>5. Yogurt</li><li>6. Berries</li></ol>
<b>BITS AND BITES</b> <ol style="list-style-type: none"><li>1. Olives</li><li>2. Slices carrots, celery, and cukes</li><li>3. Black bean dip</li><li>4. Ranch Dip</li><li>5. Pita Chips</li><li>6. Strawberries</li></ol>	<b>ITALIAN</b> <ol style="list-style-type: none"><li>1. Leftover pasta (add marinara sauce if desired)</li><li>2. Mozzarella cheese (fresh or string)</li><li>3. Zucchini (cooked or raw)</li><li>4. Caesar salad (home made or from a bag)</li><li>5. Cannelloni beans marinated in olive oil and balsamic</li><li>6. Dates</li></ol>	

 KRISTIN KOSKINEN, RDN

# Bento Prep

70

- Prepping your ingredients for the week will streamline composing your bentos in real time.
  - ▣ Clean, slice and prep your fruits and vegetables.
  - ▣ Wash and separate greens.
  - ▣ Use sheet pans to pre-cook meats and veggies.
  - ▣ Pre-cook rice and grains and freeze.
  - ▣ Pre-portion ingredients from larger bulk purchases.
- And think of other foods you like to include and pre- or partially cook them so they can be prepared with little cooking time during the week.



# Bento Stash

71

- Having helpful basics in your pantry ready to grab is a great practice in general. This also applies to creating bentos.
- Keep smaller pre-portioned sized quantities in the freezer or fridge. This keeps perfect portions ready to go.
- Keep small amounts of leftovers for smaller compartments or embellishments. Base this list on your eating habits, here are a few to start:
- Frozen
  - ▣ Cooked rice, quinoa, millet
  - ▣ Veggies (peas, edamame, carrots, broccoli, corn...)
  - ▣ Fruits chunks, nuts (so they don't go rancid)
  - ▣ Mini meatballs, shrimp, chicken nuggets
- Fridge
  - ▣ Sauces + dressings (hoisin, peanut sauce, bbq sauce, ranch and salad dressing)
  - ▣ Spreads (hummus, cream cheese, nut butters)
  - ▣ Pickles, pickled ginger, herbs,
  - ▣ Yogurts, yogurt tubes, individual snacking cheeses
  - ▣ Prepped fruits, veggies
- Pantry
  - ▣ Pasta, crackers, snack treats of choice
  - ▣ Fruit and veggies that do not need refrigerating
  - ▣ Rolls, wraps, bread



# Bento Calendar

72

	MON	TUES	WEDS	THURS	FRI
WEEKLY INTENTION:					
Activities that will impact appetite:					
Veggies					
Fruit					
Carbs					
Protein					
Dips/ Spreads					
Other					
SNACK Bento Ingredients					
NOTES			REMINDERS		
-Food I want to use up:			-Aim for 5 colors		
-Leftovers I expect to have:			-Balance my flavors		
-Store sales:			-Try new texture/shape combos		





# KIDS + BENTOS

# Bento Love

74

- Kids love bentos! Cute boxes filled with colorful food arranged in neat compartments helps make lunch the best part of the day.
- We've also heard these comments from customers about their Kinsho bentos...
- Kids love that:
  - ▣ Different foods do not touch.
  - ▣ Opening the bento is like "opening a gift!"
  - ▣ All the food is laid out and "looks so pretty."
  - ▣ They don't need to keep track of lids from individual containers.
  - ▣ They can proudly show mom that they finished their lunch.
  - ▣ Their friends say they have "cool lunches".
- Ask yourself and your family what they most enjoy about their bento lunch - then do more of that!



# Kid Tips

75

- Kids taste preferences range from picky to eclectic. All kids will enjoy these tips...
- Keep it cute + colorful
  - Colorful, fun-looking food is more appealing and more likely to be eaten. Use lots of colorful fruit/veggies in chunks and as garnishes.
  - Character bentos in Japan were developed as a way for moms to help their picky children eat healthy foods! Add a smiley face on top of items using bits of fruit/veg.
  - Try simple embellishments like cutting food into shapes with cookie cutters, creating flowers out of veggies or lunchmeat or using bento picks.
  - You could also add stickers to items in their own wrap.
- One at a time
  - As you try to broaden a child's palate, introduce only one new food at a time.
  - Serve a small amount in one of the compartments surrounded by familiar food. Keep introducing it using different cooking styles and presentations. (try a cute food pick to make it fun to try!)
  - Increase the portion size as you see it getting eaten.

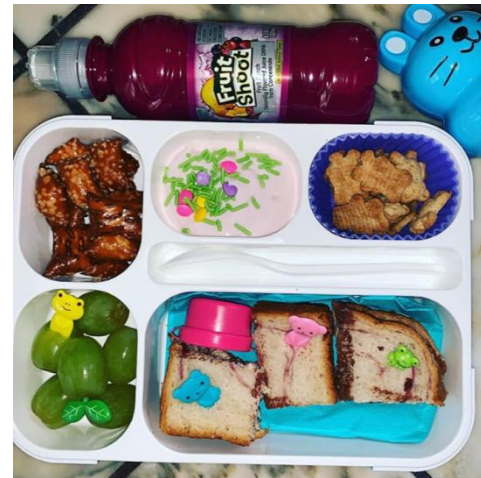


Photo credit: Sonia Chung

# Mindful Tummies

76

- Match portions to what gets eaten
  - Often school lunches are limited to 30 minutes and followed by play time. Kids may prioritize having fun with their friends and speed through their eating.
  - Consider packing a smaller volume for lunch so food does not go to waste.
  - Then have a healthy MINI snack bento ready for after school.
  
- Encourage tummy awareness
  - Help kids become aware of their hunger and fullness and food attitudes by asking questions – what they noticed about the meal, if their tummies were satisfied, etc.
  - Listen and encourage! When kids happily show mom their empty bentos after school (even the section with veggies) acknowledge what healthy eaters they are!



<Before

After>



Photo credit: @luncheswithemma

# Hands On Bentos

77

- ❑ [Researchers](#) found that when people make their own meals they appreciate it to a greater degree, are likely to consume it more mindfully, and experience greater well-being. (Its called the Self Creation Effect.)
- ❑ Help your kids get more engaged with their food by having them create their bento lunches!
- ❑ Set out a variety of food options and let them fill their own bentos the night before or in the morning.
- ❑ Make it a weekly activity and they may help you form your grocery list as well!



39 likes

[kristin\\_koskinen\\_rdn](#) My 10 year old picked his lunch this morning in about 5 minutes. [#bentobox](#), [#bentoboxlunch](#),

Photo credit: Kristin Koskinen, RDN

# Bento Adventure

78

- Supplying kids with their bento lunchbox to go off and eat during playtime can inspire independence, adventure and creativity!
- Once lunch is eaten up the box may transform into a treasure chest, nature collection box or an important part of science experiments...



# Parent + Child Bentos

79

- While children and adults may have different appetites and nutritional needs, bento boxes can double task to serve everyone.
- When planning Parent/Child bento meals swap in food that is more filling and has higher nutrition density for some of the compartments for adults, while keeping some of the same sides.
- Kids will love to see the Mommy (or Daddy) and Me bentos side by side!



Photo credit: Heather Gorourke



# BENTOS FOR...



# Breakfast

81

- Bentos can work well for mornings when breakfast is on the go!
- Try a selection of these foods:
  - Fruit
  - Mini muffins or waffles
  - Healthy breakfast cookies
  - Hard boiled eggs
  - Quiche
  - Cheese and ham/bacon mini kebobs
  - Yogurt
  - Muesli, Granola
  - Nut butters or thick smoothies for dipping



37 likes

kristin\_koskinen\_rdn The breakfast

Photo credit: Kristin Koskinen, RDN

# Snacks

82

- Bento boxes excel at providing a variety of snacks for refueling during the day.
- Snack opportunities happen all day and your hunger may evolve based on time:
  - Morning snack
  - After school
  - Afternoon/4pm break
  - Pre / post workout or sports activity
  - Snacks as a meal replacement
  - Cookie snack ;-)
- Let the situation, season and nutrition needs of the eater determine your foods.



# Active Snacks

83

- Bentos can be a helpful companion for fueling up for workouts or competition. Here are suggestions from [Children's Health](#) that apply to everyone:
  - 100% whole grain crackers, boiled egg, turkey, nuts, hummus, sliced veggies and fresh berries
  - Half a grilled chicken or turkey wrap with spinach, tomato, avocado and mustard in a 100% whole wheat tortilla with fresh grapes and cucumber slices on the side
  - Peanut butter and jelly sandwich on 100% whole wheat bread, a banana and cherry tomatoes on the side
  - Whole-grain crackers
  - Baked sweet potato, black bean, kale or beet “chips”
  - Guacamole with sliced radish “chips”
  - Hummus with raw veggies, pretzels or whole-grain crackers
  - Raisin boxes and other dried fruit
  - Beef or turkey jerky
  - Mixed nuts or trail mix
  - Greek yogurt with mixed berries or yogurt “tubes”
  - Apple slices or banana with peanut butter
  - Applesauce cups or squeeze pouches
  - Whole-grain granola or protein bars
  - Homemade energy or protein bars



Photo credit: Kristin Koskinen, RDN

# Work Lunches

84

- Bringing lunch to work can help you save money, eat your preferred food, and control nutrition and portion size.
- Having a variety of bento styles will give you options for different types of food and if you need separate snacks.
- To make your lunch even more enjoyable, try the Mindful Eating tips at the end of this ebook. You may be surprised how a simple and effective it is to transform your mealtime!



# Picnics

85

- ❑ Creating a bento for a picnic returns us to their origin in Japan!
- ❑ Just like there are endless picnic locations, the food can vary according to season, occasion and preference.
- ❑ Keep in mind how your hunger may change being outside – you may desire lighter food, more salt or more fruit in warm weather.
- ❑ When preparing for a crowd, consider both individual bentos and some bentos with food for everyone to share.



# Travel

86

- Travel via plane, train or automobile can be hectic and healthy food options may be unavailable.
- Use your imagination to fill a tasty bento and elevate your meal to (beyond) a first class experience!
- Note – [researchers](#) have found that food tastes different in airplanes.
  - You will taste less salt and sweetness due to the dry air, air pressure and noise. Try adding extra seasoning and flavor to address this.



Photo credit: Christina Chu



# HACKS + HELPS

# Put a Face on It

88

- Add faces on top of most any food in your box! Try:
  - ▣ Cut up peppers, apples, circles of cheese, etc.
  - ▣ Eyes from olive slices, berries, raisins, nuts, chocolate chips, etc.
  - ▣ Hair made from pasta, spiralized zucchini, shredded carrot, etc.
  - ▣ Cut out nori (seaweed) in the shape of the face and affixed with a little water





# Edible Flowers

89

- Rolling up thin ingredients and securing with a toothpick is a simple flower trick.
- Try:
  - Lunchmeat
  - Cheese
  - Fruit leather
  - Strips of carrots using a veggie peeler
  - Lettuce
- A mini cookie cutter can also stamp out mini flowers or other shapes



# Cut Out Character

90

- Use a cookie cutter for the head, which can be simply bread or a sandwich of your choice.
- Cut out mushrooms and bear ears/muzzle from white cheese using cookie cutter.
- Cut out mushroom caps from ham.
- The faces are nori punched out with a hole punch specially made for nori, but you can cut tiny faces with sharp scissors as well.
- Place on top of a bed of chopped veggies.



Photo and detail credit: Lily Schwartz

# Octopus + Picks

91

- Octopus hotdog
  - ▣ Cut the hot dog into  $\frac{1}{2}$  or  $\frac{1}{3}$
  - ▣ Slice the lower half four times lengthwise so that the sausage has eight “legs.”
  - ▣ Boil or fry until legs start



Photo credit: [WIKIHOW](#)

- Put a pick in it
  - ▣ As mentioned earlier, bento picks can be functional to keep food together, as well as cute. Try with:
    - Mini kebabs (fruit, veggies, cheese, lunch meat, mini brownies for dessert, etc.)
    - Roll-ups (tortillas, zucchini/cucumbers, lunch meat, cheese, spreads, etc.)
    - Any food you want to look more appealing!



Photo credit: Hilary Hoffman

# Rice Ball Penguins

92

- Take some warm sushi or Korean rice and flatten about half of a cup in your left palm (Make sure your hands are wet to prevent sticking)
- Place a filling inside, choose any veggie or meat you prefer.
- Close it up by closing your left hand and then wetting your right and form the ball.
- For the eyes use a hole puncher and punch out 2 rounds in a nori sheet
- Use a toothpick dipped in water to pick up the rounds and place on the rice ball
- For the beak use two corn kernels.
- For the 'hair' fold a square nori sheet in half (leaving the nori out overnight will help it become stale and foldable without snapping) and then cut a heart shape with sharp scissors.
- Then take the cut nori and shape and trim as needed.
- Place penguins on a bed of mixed veggies and greens.



Photo and detail credit: Lily Schwartz

# Garnishes + Mini Sandwiches

93

- Garnish it
  - ▣ Cherry tomatoes
  - ▣ Lemon, lime, orange slice
  - ▣ Folded pickled ginger
  - ▣ Purple onions or other bright contrasting colored food
  - ▣ Spiralized zucchini or carrot
  - ▣ Fruit kebab on a toothpick
  - ▣ Cucumber ribbons (thin lengthwise slices gathered artfully)
- Mini Sandwiches
  - ▣ Make mini versions of your favorite sandwiches to fit the bento compartments
  - ▣ Try savory and sweet options!
- Fun shapes
  - ▣ Use your cookie cutters for cute decoration. Try cutting out:
    - Cheese
    - Lunchmeat
    - Fruit leather
    - Veggies and fruits
    - Bread/pita/naan



# Rice Ball Fortune Kittens

94

- Use leftover sushi or Korean rice colored with teriyaki or soy \sauce.
- Shape small oblong shape rice ball and pinch the rice to make the ears.
- The hair are nori strips placed with moistened toothpick. The eyes are nori punched out with a hole puncher. The cheeks are sliced white cheese also punched out with a hole puncher.
- The collar is a very thin piece of red bell pepper, The bell on the collar is a piece of corn kernel sliced in half and the paws are pieces of ham punched out with a hole puncher.
- The cheeks, hands, and the collar as well as the bell are 'glued' on using a bit of mayo.
- Place on a bed of mixed greens and veggies.



Photo and detail credit: Lily Schwartz



# RECIPES

# Gluten Free Bento Boxes

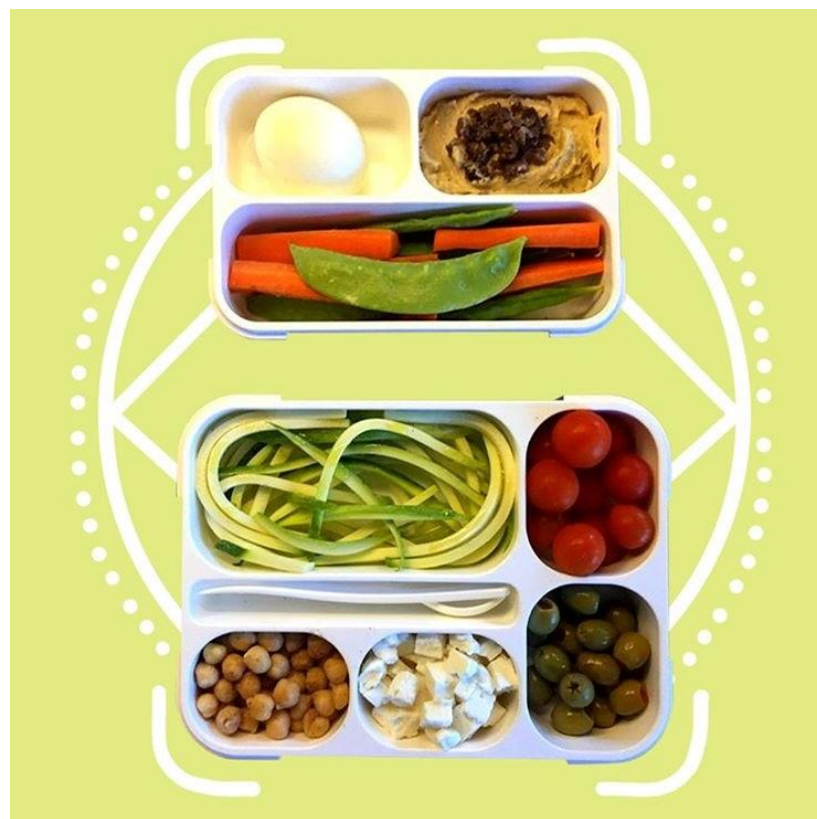
96

## Big Bento Box

- ❑ Zucchini noodles with Italian dressing
- ❑ Olives
- ❑ Cherry tomatoes
- ❑ Feta cubes
- ❑ Roasted chickpeas

## Small Bento Box

- ❑ Hard-boiled egg
- ❑ Carrots and snap peas
- ❑ Hummus



Menu compliments of [GoodWitchKitchen](https://www.goodwitchkitchen.com)



# Vegan Bento Boxes

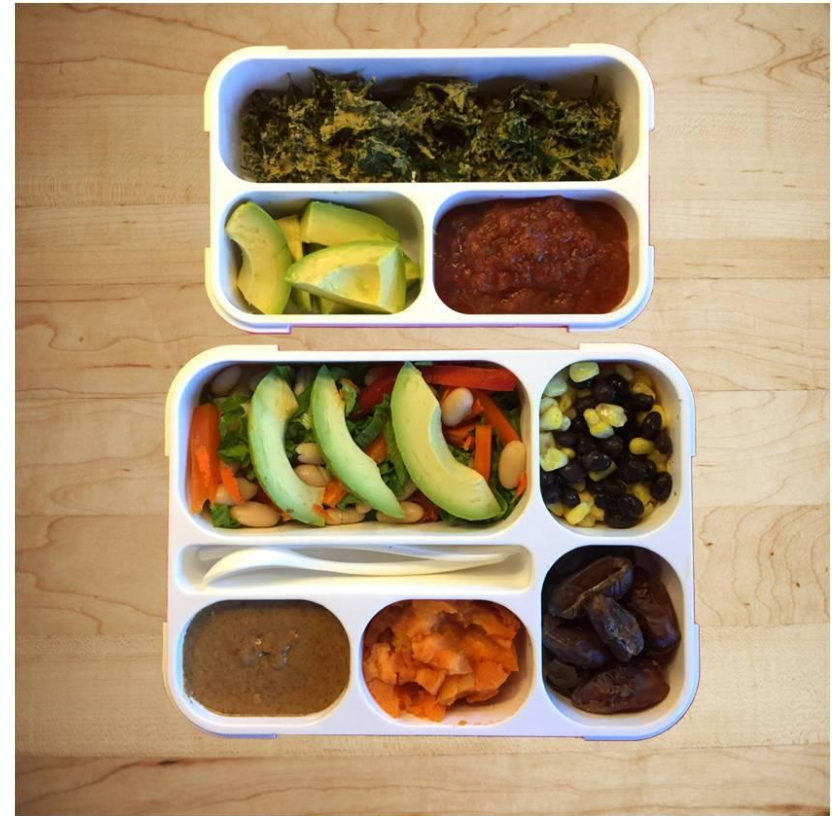
97

## Big Bento Box

- Rainbow salad of white beans, sliced red/yellow bell peppers, red cabbage, carrots, shredded lettuce, avocado
- Dates with almond butter
- Mashed sweet potato
- Corn and black bean salad
- Lime vinaigrette dressing (for main and bean/corn salad)

## Small Bento Box

- Kale chips
- Avocado slices
- Salsa



Menu compliments of [GoodWitchKitchen](https://www.goodwitchkitchen.com)

# Deliciously Filling Bento Boxes

98

## Big Bento Box

- ❑ Quinoa cups (recipe next page)
- ❑ Guacamole for dipping
- ❑ Berries
- ❑ Cherry tomatoes
- ❑ Cheddar cubes

## Small Bento Box

- ❑ Celery and bell pepper slices
- ❑ Black bean dip
- ❑ Rolled up deli turkey slices



Menu compliments of [GoodWitchKitchen](#)

# Quinoa Cup Recipe

99

## Quinoa Cups

- 1 tsp coconut oil
- 1/4 cup diced onion
- 2 tbsp minced garlic
- 2 cups cooked quinoa
- 1 cup whole wheat flour (or gluten-free all-purpose)
- 2 eggs
- 2 tbsp nutritional yeast
- 2 tbsp scallions
- 1 tsp chili powder
- 1 tsp cumin
- 1/2 teaspoon baking soda
- Pinch of salt

Preheat oven to 350.

Heat oil in a pan over medium and saute onions until softened, about 5 minutes. Add garlic and cook for 1 minute more, stirring frequently.

Place in a bowl with remaining ingredients and stir until combined. Spoon mixture into a mini muffin tin, then bake 15-20 minutes. Let cool completely before removing.



Recipe compliments of [GoodWitchKitchen](#)

# Roast Chicken Bento Bowls

100

- These bento bowls from *Entertaining with Beth* are super convenient.
- Most ingredients can be prepped on the weekend and stored in your fridge and all you have to do is assemble in the morning!
- Simply add roast chicken to these ingredients in the bento bowl:
  1. Mixed greens, quinoa, blueberries, cranberries, sunflower seeds, vinaigrette
  2. Orzo, olive oil, lemon, parsley, kale, pine nuts
  3. Couscous, apricots, pistachios, dates, mint, roast sweet potato
- Watch her make them in her video [here!](#)



Recipe/photo compliments of [Entertaining with Beth](#)

# Paleo Bento Bowls

101

- ❑ Paleo bento bowls can be simple with a few tips.
- ❑ Fitness Instructor + Wellness Blogger Nancy Chen of *Nourish by Nancy* recommends the following for a filling Paleo salad:
  - ❑ Layer kale at the very bottom.
  - ❑ Then hearty, roasted veggies like broccoli, Brussels, and sweet potato.
  - ❑ Add protein of choice and fun toppings (nuts, fruit, seeds).
  - ❑ Drizzle homemade dressing on top – it will marinate the kale and soak into the other components while you wait for lunch.



Recipe/photo compliments of [Nourish by Nancy](#)

# Chocolate Paleo Cauli "Oats"

102

## Chocolate Paleo Cauli "Oats" On-the-Go

### Ingredients

- 1/2 cup cauliflower rice (frozen or fresh)
- 1 tbsp chia seeds
- 1 tbsp flaxseed meal
- 1 tbsp hemp hearts
- 1 tbsp collagen (omit for vegan or use vegan protein)
- 1 tbsp cacao powder
- 1 tbsp shredded coconut
- 1/2 cup dairy free milk

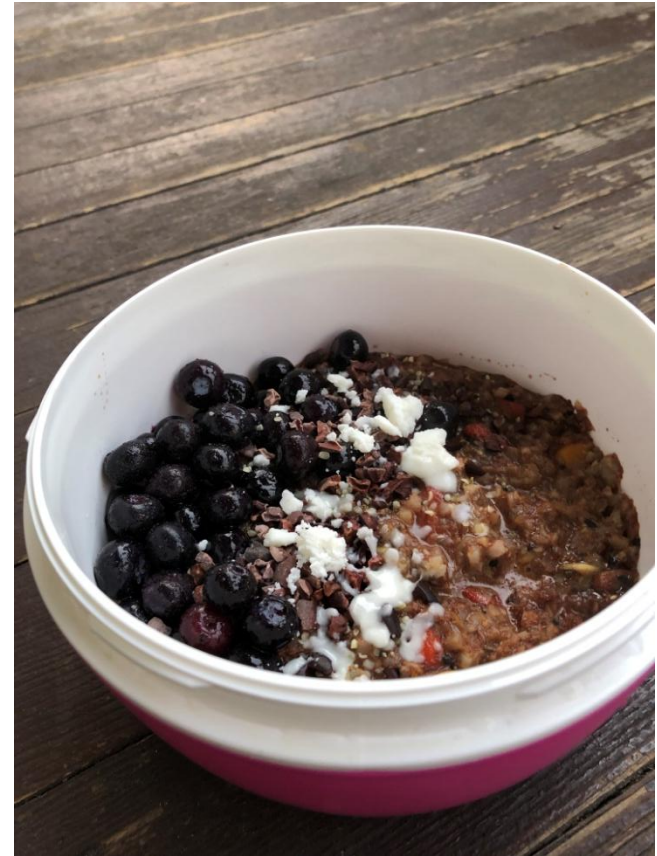
Cinnamon, vanilla extract to taste

*Optional:* 1 tbsp honey or other sweetener

Toppings: Fresh or frozen berries, nuts, grain free granola, dairy free yogurt, cacao nibs, nut butter

Combine all ingredients into the bento bowl and set in the fridge overnight.

In the morning, microwave for 2-3 minutes, or until cauliflower is fully softened and fluffy. Add more liquid if necessary. Top with toppings of your choice!



Recipe/photo compliments of [Nourish by Nancy](#)

# Vegan Bento Bowl

103

- Vegan bento bowls can be colorful, mouthwatering and filling!
- This is one of Kayla Kaplan's favorite combinations:
  - ▣ Rice
  - ▣ Black beans
  - ▣ Roasted sweet potatoes, brussle sprouts and broccoli
  - ▣ Tempeh – panfried or braised
  - ▣ Quick pickled radish and cucumbers
  - ▣ Avocado and carrots
  - ▣ Red pepper flakes



veggiekayla

Boston, Massachusetts

...



Recipe/photo compliments of [Veggie Kayla](#)



# MINDFUL MEALS



# Mindfulness + Food

105

You may have heard the growing buzz about Mindfulness recently...

That's because researchers are finding its practice can reduce stress, increase happiness and help us move through resistance to create outcomes we desire.

Mindfulness is bringing our attention to the present moment and inhabiting it with all our awareness.

When applied to food, mindfulness helps us un-distract our head, listen to our belly and heart, get in touch with our true hunger and experience our food using all our senses.

Applying mindful moments when cooking and eating can get us more in touch with our food, and ourselves.

For a practical, fun read filled with tips, check out *Mind to Mouth* on the next page written by Kinsho's founder!



**BREATHE TASTE SAVOR SMILE**

# Mind to Mouth

106

## Learn a simple, effective mindfulness approach to enjoy your meals—and life—more fully

When the triple-tasking mealtime rush left the author literally choking on her food, she set out to discover what had gone so wrong and, most importantly, what she could do to make mealtimes the nourishing, delicious experiences she craved.

Winner of four book awards, *Mind to Mouth* explores the realization that ultimately changed her life: that each bite is the end of a journey through meal planning, shopping, cooking, and eating, and that a mindful approach to each of these has the power to shift everything.



*Mind to Mouth* will help you

- Plan, shop, cook, and eat mindfully
- Create mental space and be more fully present
- Save time, energy, and money

You'll find insightful data that will help you identify hidden influences and take ownership of your mealtime experiences.

And you'll see how you really can be both a busy chick and a mindful one at the same time.

Available on [Amazon](#)



## MIND *to* MOUTH



A Busy Chick's Guide to  
Mindful Mealtime Moments

HEATHER SEARS

# Enjoy your Meal!

107

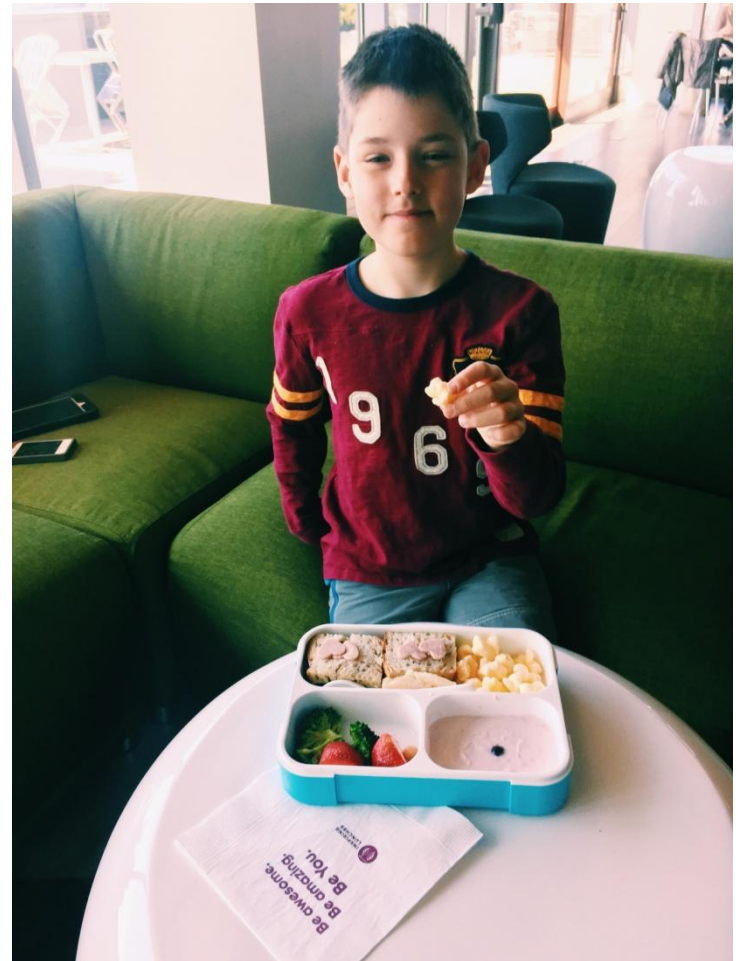
We hope you've found the information and tips in our eBook helpful!

We wish you the best in creating tasty, healthy bento meals that you and your family thoroughly enjoy!



All our best,

*The Kinsho Team*



# Acknowledgements

108

A big thank you  
to our customers, friends and family for sharing their photos and tips!



- Karen Caruso
- Nancy Chen [@nourishbynancy](#)
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- Kristen Ciccolini [@goodwitchkitchen](#)
- Hillary Hoffman [@alluphill\\_healthcoaching](#)
- Kayla Kaplan [@veggiekayla](#)
- Kristin Koskinen RDN [@kristin\\_koskinen\\_rdn](#)
- Beth Le Manach [@entertainingwithbeth](#)
- Allison McDonald [@vegankideats](#)
- Lily Schwartz

We would love to hear from you!

Contact us at:

- [kinshokitchen.com](#)
- Instagram: [@kinshokitchen](#)



kinsho