



Balanced Low-Carb Bento Box

The Body Nurse – Simple, Balanced Meal Prep



This bento-style lunch box is perfect for both adults and kids—easy, customizable, and ideal for meal prep. Each box combines protein, veggies, healthy fats, and fruit to keep you full, energised, and satisfied throughout the day.



Bento Box Assembly Instructions

1. Choose 2–4 Protein Options

- Boiled eggs
- Cheese cubes
- Salami sticks
- Beef jerky
- Cooked bacon pieces
- Folded nitrate-free deli meats (turkey, ham)
- Tuna, sardines, or smoked salmon

Additional options:

Grilled chicken bites, pan-fried sausage pieces, or lean steak bites

Tip:

Choose nitrate-free deli meats from health food stores, organic markets, or fresh produce stores where possible.

2. Select 2–3 Veggie Options

- Carrot sticks
 - Celery sticks
 - Cucumber slices
 - Bell pepper strips
 - Cherry tomatoes
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3. Choose 1–2 Fruit Options

Lower-carb choices:

- Strawberries
- Blueberries
- Raspberries
- Melon (cantaloupe, watermelon)

If preferred:

- Apple
- Grapes
- Peach

👉 Keep portions under $\frac{1}{2}$ **cup** for a lower-carb approach

4. Choose 1–2 Healthy Fat Options

- Cheese cubes
 - Sliced avocado
 - Nuts (almonds, walnuts)
 - Olives
 - Pumpkin seeds
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5. Assemble Your Bento Box

- Add **2–4 protein options**
- Include your **veggies**
- Add a **small portion of fruit**
- Include a **healthy fat**
- Finish with a **dip for flavour**

Tip:

If you prefer a chunkier dip, lightly mash ingredients or pulse the blender instead of fully blending.

6. Low-Carb Fruit Guidelines

- Stick to berries and melon for stricter low-carb
 - Keep higher-carb fruit portions small (under ½ cup)
 - Balance with protein and fats to stay satisfied
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Sample Bento Ideas

Example 1:

Boiled egg halves, cheese cubes, carrot sticks, cucumber slices, blueberries, and tzatziki

Example 2:

Grilled chicken bites, bell pepper strips, cherry tomatoes, small peach, and sweet potato dip

Example 3:

Smoked salmon, sliced avocado, cucumber, walnuts, and cashew dip



Dip Recipes



Keto-Style Tzatziki Dip

- 1 cup full-fat Greek yogurt
- ½ cucumber (grated and squeezed)
- 1 tbsp olive oil
- 1 clove garlic (minced)
- 1 tbsp lemon juice
- 1 tbsp chopped dill
- Salt & pepper

Method: Mix well and chill for 30 minutes

Storage: Fridge 3–4 days (do not freeze)

Sweet Potato & Sun-Dried Tomato Dip

- 1 medium sweet potato (roasted)
- 2–3 tbsp sun-dried tomatoes
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 small clove garlic
- ¼ tsp cumin
- Pinch smoked paprika
- Salt & pepper

Method: Blend until smooth

Storage: Fridge 4–5 days | Freeze up to 2 months

Dairy-Free Cashew Dip (Vegan)

- 1 cup raw cashews (soaked 2 hours)
- 2 tbsp lemon juice
- 1 clove garlic
- 2 tbsp olive oil
- Water as needed

Method: Blend until smooth and creamy

Storage: Fridge 3–4 days

Why This Works

Simple, balanced, and flexible — this approach makes healthy eating easy, keeps you full, and supports fat loss without overcomplicating things.
