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In her first English-language release, TV chef and nutritionist Megumi Fujii has prepared 72 mouth-watering box lunch recipes that are easy to make but are over-flowing with the hearty-goodness that is essential in every Japanese bento. Her Ten-minute bento will not rely on visual designs seen on

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Ultimate Bento is packed with practical techniques, step-by-step instructions, and useful tips for 85 recipes that can be mixed-and-matched for 25 nutritionally balanced bento box lunches. Each bento in this book costs under \$3 per serving, so you and your family can save money while also eating healthier.

Improve your health with clean, natural foods and nutrient-rich recipes that can be made in 10 minutes or less! Liana Werner-Gray understands how hard it is to find the time to take care of yourself; to keep up with her fast-paced life, she indulged in processed convenience foods until she landed in the hospital and could no longer take her health for granted.

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