

Chocolate

- Cashew Cocoa Fudge Bites
- Chocolate Smoothie
- Dairy Free Chocolate Pudding
- 1 ounce dark chocolate and ¼ cup raw almonds
- Fresh strawberries dipped in dark chocolate
- Frozen banana slices dipped in chocolate
- Chocolate Coconut Protein Bars
- Chocolate smoothie bowl Make with frozen banana, spoonful of cocoa powder, spinach, chia seeds, protein powder, coconut milk
- Mint chocolate chip green smoothie
- Gluten Free Chocolate Mug Cake
- dates split open filled with a pecan, drizzled with chocolate
- Raw almonds drizzled with melted dark chocolate and sprinkled with sea salt – chilled or frozen until firm

Savory

- Edamame in the pod - heat in microwave and sprinkle with sea salt. Boiled egg with salt, paprika, seasoned salt, or Mrs. Dash
- Fresh sliced tomato with salt, pepper, and parmesan cheese
- A bowl of vegetable soup
- Tuna or chicken salad on lettuce leaves
- Cottage cheese sprinkled with Mrs. Dash or Salad Supreme, with celery sticks to dip in it
- Cold chicken meatballs
- Cold chicken slices
- Blue Cheese Ranch Dip and veggies
- Superfood Salad
- Avocado egg salad stuffed in celery and mini bell peppers
- Olives, feta cheese, cucumber, and grape tomato on a stick, dipped in Greek dressing
- Celery with protein peanut butter
- Sandwich filling on cucumber slices (tuna salad, chicken salad, meat and cheese)
- Asparagus wrapped in ham or turkey bacon, drizzled with balsamic vinegar, and broiled
- Snap peas, carrot sticks, celery sticks, cucumber slices dipped in hummus
- roasted chickpeas
- Black beans mixed with salsa and avocado chunks
- Deviled eggs
- Beef or turkey jerky (nitrite free if possible)

Frozen /chilled

- Smoothie Bowl
- Strawberry Lime Slushie
- Chocolate smoothie
- Tropical Green Smoothie
- Mini cheesecakes
- frozen grapes - they're like little popsicle balls :)
- frozen cherries - I love these even more than frozen grapes!
- frozen blueberries

*Recipes in orange can be found at beneficial-bento.com

Crunchy / Salty

- Celery stuffed with goat cheese, topped with pistachios or other nuts
- Kale chips
- Microwave plain popcorn with 1 spoonful melted coconut oil and 1 spoonful melted butter, and salt
- ¼ cup of nuts
- ¼ cup of dried fruit and nut mix - Some good combos are: dried apples and walnuts, pineapple and pistachios, apricots and almonds, cranberries and pecans
- microwaved potato chips
- Sunflower seeds in the shell
- Pistachios in the shell
- Dill pickles
- sugar snap peas, or snow peas
- baby carrots
- a good, crunchy apple

Creamy

- Greek yogurt with sliced bananas, chopped walnuts, and a drizzle of honey
- 1 or 2 [Mini Cheesecakes](#)
- [Nut butter protein balls](#)
- [Chocolate Smoothie](#)
- [Smoothie Bowl](#)
- Greek yogurt mixed with a spoonful of all-fruit jam
- String cheese
- Laughing Cow cheese wedge
- cottage cheese
- banana with a spoonful of nut butter
- [Peach Instant Oatmeal](#)
- [Chocolate P.B. Overnight Oats](#)
- [Homemade Chocolate Pudding](#)

Tangy / Fruity

- Pineapple with cottage cheese
- Plain Greek yogurt mixed with frozen berries
- Apricot sorbet: blend a can of apricots with an equal amount of frozen apricots until smooth. Eat immediately. This also works well with mangos and peaches.
- Apple slices sprinkled with cinnamon and coconut sugar and microwaved until softened
- Cut a grapefruit in half and broil it until just warm.
- A green apple and a spoonful of goat cheese or nut butter
- Roasted peach drizzled with honey
- Pineapple cubes sprinkled with coconut
- Cubed watermelon tossed with feta or other soft white cheese, and sprinkled with balsamic dressing
- Frozen blueberries or cherries
- [Strawberry Lime Slushie](#)
- apricots - only 17 calories each!
- cantaloupe and cottage cheese
- peaches or plums - less than 50 calories each!
- star fruit - low in calories, and they look great in a bento box :)
- frozen grapes