

*Tina's Joyful Kitchen*  
**Bento Box Bonanza**

Join Chef Tina and Learn The Art of Creating Bento Boxes

**DATE:** Wednesday, March 2nd

**TIME:** 12:00 P.M.

**PLACE:** [Click Here to Register](#)



**Cooking Demonstration with Tina McDermott**

*The Lazy Inspirational Chef*

**ON THE MENU**

Zucchini Noodle Caprese and Baked Chicken

Tuna Salad Sandwich and Melon Salad

Greek Salad and Hard Boiled Eggs

Charcuterie Bistro Box



Tina McDermott

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**FREE EBOOK: The Joyful Gut Reboot!**