

**Bentgo BGPRP1-MT**

# Bentgo Prep 1-Compartment Meal Prep Containers User Manual

Model: BGPRP1-MT

## INTRODUCTION

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Thank you for choosing Bentgo Prep 1-Compartment Reusable Meal Prep Containers. This 20-piece set is designed to simplify your meal preparation, offering a convenient and durable solution for storing and transporting food. Made from PFAS- and BPA-free materials, these containers are built for repeated use and are safe for microwave, freezer, and dishwasher applications. Each container features a 4-cup capacity, ideal for portion control, and comes with a custom-fit lid to keep your food fresh.



Image: A complete set of Bentgo Prep 1-Compartment containers in mint color, showcasing their stackable design. One container is shown filled with a meal of salmon, asparagus, and rice, highlighting its practical use.

## SETUP

1. **Unpacking:** Carefully remove all containers and lids from their packaging.
2. **Initial Cleaning:** Before first use, wash all containers and lids with warm, soapy water or place them on the top rack of your dishwasher. Rinse thoroughly and allow to air dry completely.
3. **Inspection:** Inspect each container and lid for any signs of damage. Do not use if damaged.

## OPERATING INSTRUCTIONS

### Filling and Sealing

- **Portion Control:** Each container has a 4-cup capacity with embossed measurements inside to assist with portioning.
- **Secure Lids:** Place the custom-fit lid onto the container and press down firmly on all sides to create a secure seal. This helps keep food fresh and prevents leaks.



★★★★★  
**#1 National Brand**  
Divided Food Storage'  
\*Source: Circana, 2025

★★★★★  
**#1 Brand Pick**  
Meal Prep Containers'  
\*Source: Amazon U.S. Dashboard, 2024

# Prep Healthy Meals

Pack nutritious foods all week with this reusable, durable, & lightweight set.

**20-PIECE SET:** 10 One-Compartment Trays & 10 Lids

Image: An overhead view of several Bentgo Prep containers filled with different healthy meals, including salads and roasted vegetables, demonstrating their use for meal preparation.

## Microwave Use

- **Trays Only:** Only the container trays are microwave safe. Remove the lid before microwaving.
- **Reheating:** Safely reheat food from the fridge or freezer in the microwave. Avoid overheating to prevent damage to the container.



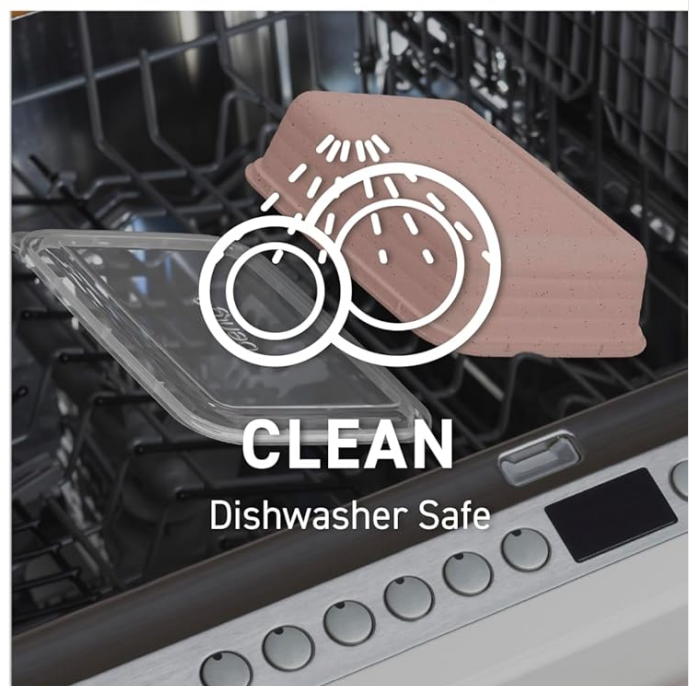
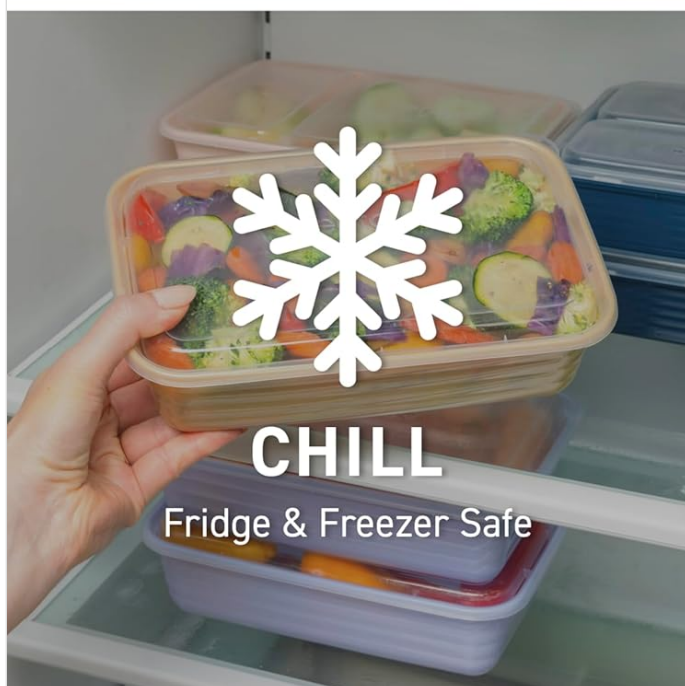


Image: A visual representation of placing a Bentgo Prep container (tray only) into a microwave for heating, accompanied by a microwave-safe icon.

## Freezer Use

- **Storage:** Containers are freezer safe for storing prepared meals. Ensure food is cooled before placing in the freezer.



*Perfect for Portion Control*  
No need to measure! Volume is embossed right inside.

Image: A Bentgo Prep container being stored in a refrigerator, illustrating its suitability for fridge and freezer storage.

## MAINTENANCE AND CARE

- **Dishwasher Safe:** The container trays are top-rack dishwasher safe for convenient cleaning.
- **Hand Wash Lids:** For best results and to prolong the life of the lids, hand-wash them with warm, soapy water.
- **Drying:** Ensure all parts are completely dry before stacking or storing to prevent odor or mildew.
- **Stain Prevention:** To minimize staining from certain foods (e.g., tomato-based sauces), wash containers promptly after use.



Image: A Bentgo Prep container being cleaned in a dishwasher, demonstrating its dishwasher-safe feature for the trays.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Lids are difficult to open.	The lids are designed to create a tight seal for freshness.	Apply firm, even pressure around the edges when opening. A slight twist can also help release the seal.
Staining on containers.	Certain foods (e.g., tomato sauce, turmeric) can cause discoloration.	Wash containers immediately after use. For stubborn stains, try a baking soda paste or expose to sunlight.
Lids not sealing properly.	Food residue on the rim or lid, or lid not aligned correctly.	Ensure rims and lids are clean and dry. Align the lid carefully and press down firmly on all four sides.

Problem	Possible Cause	Solution
Containers warping in microwave.	Overheating or microwaving with the lid on.	Always remove lids before microwaving. Reheat food for appropriate durations and avoid excessive heat.

## SPECIFICATIONS

- Model Number:** BGPRP1-MT
- Color:** Mint
- Material:** Food-safe materials (No PFAS, BPA, Vinyl, Lead, or PVC)
- Product Dimensions:** 8.5"L x 5.7"W x 2.2"H (21.6 cm L x 14.5 cm W x 5.6 cm H)
- Item Volume:** 4 Cups (946 mL)
- Item Weight:** 1.3 Pounds (0.59 kg)
- Closure Type:** Snap
- Dishwasher Safe:** Yes (Top-rack for trays, hand wash lids recommended)
- Microwave Safe:** Yes (Trays only, remove lids)
- Freezer Safe:** Yes
- Unit Count:** 10 Containers + 10 Lids (20-piece set)





Image: A detailed diagram illustrating the dimensions (length, width, height) and 4-cup capacity of a Bentgo Prep container.

## WARRANTY AND SUPPORT

Bentgo products are known for their quality and durability. For specific warranty information regarding your Bentgo Prep containers, please refer to the packaging or visit the official Bentgo website. Bentgo offers industry-leading warranties and dedicated customer support.


If you encounter any issues or have questions about your product, please contact Bentgo Customer Support:

- **Website:** [www.bentgo.com/contact-us](http://www.bentgo.com/contact-us)
- **Email:** Refer to the website for current contact email.
- **Phone:** Refer to the website for current contact phone number.

Please have your model number (BGPRP1-MT) and purchase date available when contacting support.



## Related Documents

	<p><a href="#">Bentgo Salad User Manual: Features, Usage, and Specifications</a></p> <p>Comprehensive user manual for the Bentgo Salad lunch container, detailing features, how to use, stack, clean, warnings, product warranty, and specifications. Learn about its food-grade materials and capacity.</p>
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