

WEEKLY MEAL PLAN

5-DAY JAPANESE DINNERS
+ GROCERY LIST



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

SHOPPING LIST

Beginner-Friendly Japanese Spring Meal Plan

Vegetables

- Asparagus – 5
- Cabbage – 1/4
- Carrot – 1
- Lettuce – 1 cup
- Onion – 1/4
- Tomato – 1

Protein

- Eggs – 7
- Milk – 1 Tbsp
- Plain yogurt – 1 Tbsp
- Parmesan – as needed

Carbs

- Short-grain rice – 2 cups
- Bread – 2 slices
- Pasta – 100 g

Pantry Staples & Seasonings

- Soy sauce – 1 Tbsp
- Mayonnaise – 1 Tbsp
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- Mustard
- Oil – 1 Tbsp
- Rice vinegar – 1 Tbsp
- Sugar – 1 tsp
- Salt & black pepper
- Vegetable bouillon powder
– 2 tsp