

WEEKLY MEAL PLAN

5-DAY JAPANESE DINNERS
+ GROCERY LIST



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

SHOPPING LIST

Classic Japanese Spring Meal Plan

Vegetables

- Carrot – 1
- Cucumber – 1
- Green onion – ½
- Scallion – ¼
- Napa cabbage – 4 leaves
- Leafy greens – 1 small bunch
- Enoki mushrooms – ½ pack
- Shiitake mushrooms – 4

Protein

- Eggs – 7
- Aburaage – 1 piece
- Yaki-dofu (grilled tofu) – 1 block

Carbs

- Cooked Japanese rice – 3 cups
- Udon noodles – 2 packs
- Shirataki noodles – 1 pack

Pantry Staples & Seasonings

- Dashi powder – ½ tsp
- Dashi powder – 1 tsp
- Kombu tsukudani – 2 Tbsp
- Nori sheets – 5
- Soy sauce – 8 Tbsp
- Mirin – 8 Tbsp
- Sake – 5 Tbsp
- Sugar – 4 Tbsp
- Rice vinegar – 1 Tbsp
- Vegetable oil – 1 Tbsp
- Salt – 1 tsp