

WEEKLY MEAL PLAN

5-DAY JAPANESE DINNERS
+ GROCERY LIST



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

SHOPPING LIST

Cozy Japanese Spring Meal Plan

Vegetables

- Avocado – 1
- Carrot – 1
- Onion – 1
- Potatoes – 3
- Scallion – ¼

Protein

- Eggs – 3
- Canned mackerel – 1

Carbs

- Bread – 2 slices
- Cooked rice – as needed
- Udon noodles – 2 packs
- Harumaki wrappers – 10

Pantry Staples & Seasonings

- All-purpose flour – ½ Tbsp
- Corn kernels – 1 cup
- Curry roux – ½ package
- Dashi powder – 1 tsp
- Dried wakame seaweed – 1 Tbsp
- Mayonnaise – 2 Tbsp
- Mustard – as needed
- Mirin – 2 Tbsp
- Soy sauce – 2 Tbsp
- Tenkasu – 2 Tbsp
- Vinegar – ½ tsp
- Salt – ½ Tbsp + ½ tsp

Other

- Vegetable oil – 1 Tbsp
- Yogurt – 1 tsp
- Shredded cheese – 2 Tbsp