

WEEKLY MEAL PLAN

5-DAY JAPANESE DINNERS
+ GROCERY LIST



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

SHOPPING LIST

Easy Japanese Spring Meal Plan

Vegetables

- Cabbage – ¼ head
- Carrot – 2
- Onion – ½
- Potatoes – 3
- Chopped scallions – 1 Tbsp
- Lemon – 1 wedge
- Frozen mixed vegetables – ½ cup

Protein

- Eggs – 4
- Natto – 1 pack
- Canned Tuna – 1
- Frozen shrimp – 1 cup
- Shelled edamame – ½ cup

Carbs

- Bread – 2 slices
- Cooked rice – 2 servings

Pantry Staples & Seasonings

- Soy sauce – ½ Tbsp + 2 tsp
- Mirin – 1 Tbsp
- Tonkatsu sauce – as needed
- Mayonnaise – 1½ Tbsp
- Mayonnaise and mustard – as needed
- Katsuobushi, aonori, furikake – as needed
- Vegetable bouillon powder – 1 tsp

Other

- Cheese – ½ cup
- Butter – 1 Tbsp
- Soy milk – 1 cup
- Water – 1½ cups
- Oil – ½ Tbsp
- Vegetable oil – 2 Tbsp