

# WEEKLY MEAL PLAN

5-DAY JAPANESE DINNERS  
+ GROCERY LIST



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

# SHOPPING LIST

## Light Japanese Spring Meal Plan

### Vegetables

- Avocado – 1
- Garlic – 1 clove
- Green leafy vegetables – as needed
- Lemon –  $\frac{1}{8}$  piece
- Lettuce – 2 cups
- Mushrooms – 3 cups

### Protein

- Canned tuna – 5 oz
- Salmon fillet – 1
- Mentaiko – 1 Tbsp

### Carbs

- Cooked Japanese rice – 3 cups
- Somen noodles – 2 servings

### Pantry Staples & Seasonings

- Dashi powder – 1 tsp
- Dried chili pepper –  $\frac{1}{4}$  piece
- Dried herbs –  $\frac{1}{2}$  tsp
- Dried wakame – 1 Tbsp
- Katsuobushi – 7 Tbsp
- Kombu tsukudani – 2 Tbsp
- Mentsuyu – 2 cups
- Nori seaweed – 5 sheets
- Olive oil – 1 Tbsp
- Rice vinegar – 1 Tbsp
- Soy sauce – 1 Tbsp
- Sugar –  $\frac{1}{2}$  Tbsp
- Umeboshi – 6

### Other

- Water – 3 cups
- Salt –  $\frac{3}{4}$  tsp