

# WEEKLY MEAL PLAN

5-DAY JAPANESE DINNERS  
+ GROCERY LIST



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

# SHOPPING LIST

## Vegetarian Japanese Spring Meal Plan

### Vegetables

- Bell pepper – 3
- Cabbage – 1/8 head
- Carrot – 1½
- Cucumber – ½
- Daikon radish – 1 inch
- Eggplants – 2
- Japanese sweet potato – 1
- Kabocha squash – 1/8
- Lettuce – 1 cup
- Lotus root – ½
- Onion – 1
- Snow peas – 6
- Sprouts – as needed
- Tomato – 1
- Canned corn – 1 can

### Protein

- Eggs – 6
- Boiled eggs – 3
- Chickpeas – ½ cup
- Aburaage – 1

### Carbs

- Cooked Japanese rice – 6 servings
- Cake flour – 100 g
- Ramen noodles – 1 serving

### Pantry Staples & Seasonings

- Baking powder – ½ tsp
- Curry powder – 1 tsp
- Dried shiitake mushrooms – 5
- Mentsuyu – 600 ml
- Mirin – 1 Tbsp
- Nori sheets – 2
- Shredded nori – as needed
- Rice vinegar – 2 Tbsp
- Vinegar – 1 tsp
- Sake – 1 Tbsp
- Soy sauce – 1 Tbsp + 2½ tsp
- Sugar – 2 Tbsp + 1 tsp
- Toasted sesame seeds – 1 Tbsp
- Vegetable bouillon powder – 1½ tsp

### Other

- Soy milk – 2 Tbsp
- Mayonnaise – 2 Tbsp
- Vegetable oil – 2 Tbsp + 1 tsp