

# JAPANESE MEAL PLAN

## MONDAY



Tofu Katsu

Crispy tofu katsu cutlets with a sweet and tangy tonkatsu sauce.

**Cook time from start to finish:** 51 minutes

**Flavor profile:** Sweet, tangy, fruity, nutty.

**Ingredients:** Tofu, flour, egg, dijon mustard, breadcrumbs, oil, tonkatsu sauce, salt and pepper.

[GO TO RECIPE](#)

## TUESDAY



Spicy Miso Ramen

This miso ramen gets a smoky and fiery kick from the combination of tobanjan and gochugaru.

**Cook time from start to finish:** 25 minutes

**Flavor profile:** Smoky, peppery, umami, salty, nutty.

**Ingredients:** Water, stock, soy sauce, tobanjan, gochugaru, ramen noodles, cabbage, carrot, miso paste, scallions, sesame oil, garlic, salt and pepper.

[GO TO RECIPE](#)

## WEDNESDAY



Vegan Hambagu

Made with Beyond Beef Ground Beef, the patties are moist and tender, and topped with an earthy mushroom gravy. Your kids will love this recipe!

**Cook time from start to finish:** 22 minutes

**Flavor profile:** Meaty, nutty, savory, earthy.

**Ingredients:** Beyond Beef, onion, garlic, soy sauce, oat milk, panko breadcrumbs, flaxseed egg, oil, flour, salt and pepper, mushroom broth, ketchup, mirin, sugar.

[GO TO RECIPE](#)

## THURSDAY



Spaghetti Napolitan

A kid friendly spaghetti with a creamy ketchup sauce topped with sausages and vegetables.

**Cook time from start to finish:** 25 minutes

**Flavor profile:** Sweet, salty, umami.

**Ingredients:** Spaghetti, butter, onion, bell pepper, mushrooms, wiener sausages, ketchup, milk, sugar, water, parmesan cheese, tabasco sauce.

[GO TO RECIPE](#)

## FRIDAY



Omurice

Japanese comfort food! Vegetable and ketchup fried rice topped with an omelet.

**Cook time from start to finish:** 25 minutes

**Flavor profile:** Sweet, salty, eggy.

**Ingredients:** Ketchup, chicken broth, oil, soy sauce, mushrooms, onions, carrot, frozen peas, cooked Japanese rice, eggs, water, salt and pepper.

[GO TO RECIPE](#)

# JAPANESE MEAL PLAN

## LUNCH IDEAS



- Zaru Soba (Cold Soba Noodles)
- Dashimaki Tamago (Dashi Rolled Omelet)
- Japanese Fried Rice (Yakimeshi)

## SIDE IDEAS



- Veggies with Miso Lemon Dip
- Kaisou Salada (Seaweed Salad)
- Ochazuke (Green Tea Over Rice)

## SNACK IDEAS



- Iced Matcha Latte
- Kinako Dango (Rice Dumpling with Sweet Soy Flour)
- Coffee Jelly

## VEGAN DAN DAN NOODLES, VEGETARIAN KIMBAP, JAPCHAE, SALMON EN PAPILLOTE, ROASTED SPAGHETTI SQUASH

**FRUITS & VEGETABLES**

- 3 garlic cloves
- 1 medium onion
- 1 green bell pepper
- 14 button mushrooms
- 5 ounces cabbage
- 2 small carrots
- 1/4 cup frozen peas
- 3 scallions

**PROTEIN**

- 1 block extra firm tofu
- 1 package Beyond Beef Plant Based Ground
- 6 ounces wiener sausages
- 5 large eggs

**OILS**

- 1/3 cup + 3 tablespoons vegetable oil
- 2 tablespoons extra virgin olive oil
- 3 tablespoons sesame oil
- 2 tablespoons butter

**PANTRY**

- 4 tablespoons soy sauce
- 1 1/2 tablespoon white or awase miso paste
- 1 1/4 cup ketchup
- 1/2 teaspoon mirin
- 1 teaspoon tobanjan
- 1 teaspoon gochugaru
- 2 teaspoons sugar
- 1 teaspoon dijon mustard
- 1/2 cup all-purpose flour
- 1/2 cup milk
- Salt and pepper

**GRAINS/NOODLES**

- 1 pound dried spaghetti
- 2 packets fresh ramen noodles
- 2 cups leftover cooked Japanese rice

**SAUCES**

- Tabasco sauce
- Tonkatsu sauce

**OTHER**

- 2 tablespoons oat milk
- 1/4 cup panko breadcrumbs
- 1 cup regular breadcrumbs
- 1 tablespoon ground flaxseed
- 2 cups mushroom stock
- 1 teaspoon powdered chicken or vegetable stock
- Grated parmesan cheese