

MONDAY

Salmon donburi

Japanese rice bowl with salmon caramelized in teriyaki sauce.

Cook time from start to finish: 30 minutes

Flavor profile: Sweet, savory, garlicky.

Ingredients: Skinless, boneless salmon fillet, salt, flour, vegetable oil, teriyaki sauce (homemade or store bought), short grain or medium grain white or brown rice, baby spinach, green onions, sesame seeds.

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TUESDAY

Thai potato curry

Creamy yellow coconut curry that's 100% plant based.

Cook time from start to finish: 25 minutes

Flavor profile: Sweet, savory, rich, spice level is mild.

Ingredients: Garlic, ginger, coriander powder, curry powder, coconut milk, potatoes, onions, soy sauce, sugar, salt, vegetable broth, vegetable oil.

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WEDNESDAY

Chicken piccata

Italian style chicken cutlets lightly breaded and served with a lemon sauce.

Cook time from start to finish: 21 minutes

Flavor profile: Savory, salty, lemony, buttery.

Ingredients: Skinless, boneless chicken breasts, flour, egg, butter, olive oil, lemon juice, white wine, chicken stock, capers, flat leaf parsley.

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THURSDAY

Basic Chinese fried rice

Chinese restaurant style fried rice with eggs and vegetables.

Cook time from start to finish: 20 minutes

Flavor profile: Savory, umami, earthy.

Ingredients: Cooked leftover rice, onion, garlic, carrot, mushrooms, frozen green peas, eggs, soy sauce, sesame oil, ground white pepper, salt, green onions.

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FRIDAY

Lemon parmesan fettuccine

A bright and refreshing classic Italian pasta.

Cook time from start to finish: 20 minutes

Flavor profile: Cheesy, salty, lemony, peppery.

Ingredients: Garlic, red onion, lemon juice and zest, olive oil, butter, grated parmesan cheese, fettuccine noodles, flat leaf parsley, salt and pepper.

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LUNCH IDEAS

- Japanese egg sandwich
- Edamame quinoa salad
- Basic udon noodle soup

SIDE IDEAS

- Gomaе (Japanese spinach salad with sesame sauce)
- Edamame with spicy garlic sauce
- Air fryer french fries

SNACK IDEAS

- Castella cake
- Baked apple chips
- Sweet and salty masala popcorn

SALMON DONBURI, THAI POTATO CURRY, CHICKEN PICCATA, BASIC CHINESE FRIED RICE, LEMON PARMESAN FETTUCCINE

FRUITS & VEGETABLES

- 4 to 6 garlic cloves
- 1 tablespoon minced ginger
- 1 red onion
- 2 to 3 onions
- Bunch green onions
- 2 Thai chilis (optional)
- 5 to 6 lemons
- Bunch flat leaf parsley
- 2 carrots
- 12 button mushrooms
- 1 cup baby spinach
- 16 ounces potatoes
- 1 cup frozen green peas

PANTRY

- 10 tbsp soy sauce
- 2 tbsp curry powder
- 1 tsp coriander powder
- Sesame seeds
- Sugar
- Salt
- Ground white pepper
- 2 tbsp capers in brine
- 1 1/4 cup all purpose flour

PROTEIN

- 8 to 10 ounces skinless, boneless salmon fillets
- 1.5 pound boneless, skinless chicken breasts
- 6 eggs

DAIRY

- 1 stick of butter
- 1 cup freshly grated parmesan cheese

CANNED GOODS

- 2 cups organic coconut milk

GRAINS

- Short grain or medium grain white rice or brown rice (about 12 cups, cooked, more or less. This is for 3 meals).
- 1 pound dry fettuccine noodles

OILS

- Vegetable oil
- Extra virgin olive oil
- 1 teaspoon toasted sesame oil

OTHER

- 1 cup vegetable broth
- 1 cup chicken stock
- 1/4 cup white wine
- Teriyaki sauce ([click here for my easy recipe](#))