

MONDAY



Skillet Dolsot Bibimbap

A savory, nutty, and slightly spicy Korean kimchi rice cooked in a skillet and topped with eggs and bibimbap sauce.

Cook time from start to finish: 25 minutes

Flavor profile: Savory, nutty, pungent, mildly spicy.

Ingredients: Oil, shiitake mushrooms, zucchini, baby spinach, bean sprouts, cooked rice, cabbage kimchi, soy sauce, sesame oil, eggs.

[**GO TO RECIPE**](#)

TUESDAY



Honey Ginger Tofu Stir Fry

This is an easy tofu stir fry packed with bell peppers and green beans and tossed in a sweet and tangy goey sauce.

Cook time from start to finish: 17 minutes

Flavor profile: Sweet, tangy, peppery, nutty.

Ingredients: Oil, garlic, ginger, green beans, red bell pepper, firm tofu, honey, soy sauce, rice vinegar, sriracha sauce, sesame oil, cornstarch.

[**GO TO RECIPE**](#)

WEDNESDAY



Warm Asian Salmon Salad

Marinated pan fried salmon served with rice, edamame, canned mandarin oranges, and dressed in a soy sesame vinaigrette.

Cook time from start to finish: 50 minutes

Flavor profile: Acidic, sweet, savory, umami, nutty.

Ingredients: Salmon fillet, oil, whole grain rice, shaved almonds, red onion, edamame, baby spinach, canned mandarin oranges, garlic, ginger, honey, soy sauce, oyster sauce, sesame oil, sesame seeds, rice vinegar, sugar.

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THURSDAY



Napa Cabbage Stir Fry

A smokey and savory napa cabbage and carrot stir fry served with white or brown rice.

Cook time from start to finish: 15 minutes

Flavor profile: Savory, umami, nutty.

Ingredients: Oil, garlic, napa cabbage, carrot, oyster sauce, soy sauce, cornstarch, sesame oil.

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FRIDAY



One Pot Navy Bean Soup

A healthy, comforting, and veggie packed navy bean soup that only requires one pot.

Cook time from start to finish: 25 minutes

Flavor profile: Herbaceous, tomato forward, light, salty, acidic.

Ingredients: Oil, thyme, onion, celery, carrots, tomatoes, vegetable broth, canned navy beans, garlic, baby spinach, lemon, parmesan cheese (optional), fresh basil (optional).

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LUNCH IDEAS



- Zaru soba (cold soba noodles)
- Mexican style tofu scramble
- Japanese egg drop soup

SIDE IDEAS



- Air fryer green beans
- Sauteed Japanese eggplant
- Korean seaweed soup

SNACK IDEAS



- Baked Japanese sweet potatoes
- Mitarashi dango
- Vegan chocolate chip cookies

SKILLET DOLSOT BIBIMBAP, HONEY GINGER TOFU STIR FRY, WARM ASIAN SALMON SALAD, STIR FRIED NAPA CABBAGE, ONE POT NAVY BEAN SOUP

FRUITS & VEGETABLES

- 7 garlic cloves
- 2 tablespoons ginger
- 1 onion
- 2 celery stalks
- 3 tablespoons red onion
- 6 shiitake mushrooms
- 1 zucchini
- 3 carrots
- 2 tomatoes
- 3 1/2 cup baby spinach
- 2 cups bean sprouts
- 1 cup green beans
- 1/2 red bell pepper
- 1 pound napa cabbage
- 1 lemon
- Fresh basil (optional)

PANTRY

- 9 tablespoons soy sauce
- 3 tablespoon oyster sauce
- 3 1/2 tablespoons rice vinegar
- 1 teaspoon sriracha sauce
- 2 1/2 tablespoons honey
- 2 tablespoons cornstarch
- 1 teaspoon sugar
- 1/2 teaspoon dried thyme
- Salt and pepper

PROTEIN

- 1/2 pound boneless, skinless salmon fillet
- 4 large eggs
- 1 block firm tofu
- 1/3 cup shelled edamame

CANNED GOODS

- 1/2 cup canned mandarin oranges
- 2 15-ounce cans navy beans

GRAINS/NOODLES

- 4 cups cooked rice
- 1 1/2 cups cooked whole grain rice, brown rice, or long grain rice

OILS

- Vegetable oil
- Olive oil
- 3 1/2 tablespoons sesame oil

OTHER

- 200g cabbage kimchi
- 1/4 cup shaved almonds
- 1 tablespoon sesame seeds
- 6 cups vegetable broth or chicken broth
- Grated parmesan cheese (optional)