

MONDAY



Moo Goo Gai Pan

Chicken and vegetables tossed in a gooey sauce delicious over rice!

Cook time from start to finish: 40 minutes

Flavor profile: Savory, nutty, slightly sour.

Ingredients: Oil, chicken breast, garlic, mushrooms, snow peas, bamboo shoots, water chestnuts, cornstarch, soy sauce, rice vinegar, chicken stock, oyster sauce, sesame oil, white ground pepper.

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TUESDAY



Nicoise Salad

A classic French Nicoise salad rich in protein and packed with veggies.

Cook time from start to finish: 20 minutes

Flavor profile: Acidic, tangy, fruity, salty.

Ingredients: French green beans, red potatoes, Boston lettuce, tomato, bell pepper, eggs, olives, anchovy fillets, canned tuna, olive oil, red wine vinegar, Dijon mustard.

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WEDNESDAY



Kimchi Udon Stir Fry

A quick and easy udon stir fry with plenty of kimchi and a hint of heat.

Cook time from start to finish: 15 minutes

Flavor profile: Spicy, sweet, nutty, umami.

Ingredients: Kimchi, fresh udon noodles, bacon, garlic, sriracha sauce, honey, soy sauce, rice vinegar, sesame oil, scallions, eggs, nori.

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THURSDAY



Chicken & Broccoli Stir Fry

Chicken and broccoli stir fried in a simple savory sauce and ready 20 minutes.

Cook time from start to finish: 20 minutes

Flavor profile: Savory, salty, nutty.

Ingredients: Oil, garlic, ginger, broccoli, chicken breast, oyster sauce, soy sauce, sugar, chicken broth, cornstarch, sesame seeds.

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FRIDAY



Spanish Bean Stew

Spanish style bean stew with tomatoes, garlic, olive oil and thyme. Comforting, and incredibly delicious!

Cook time from start to finish: 65 minutes

Flavor profile: Herbaceous, nutty, mild.

Ingredients: cannellini beans, fresh thyme, garlic, carrot, tomatoes, olive oil.

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LUNCH IDEAS

- Breakfast fried rice
- Cucumber sandwiches with tzatziki sauce
- Avocado toast with gochugaru and miso paste

SIDE IDEAS

- Baby bok choy with garlic and oyster sauce
- Blistered shishito peppers
- Air fryer sweet potatoes with sriracha mayo

SNACK IDEAS

- Homemade granola bars
- Vegan peanut butter cookies
- Honey sriracha roasted chickpeas

MOO GOO GAI PAN, NICOISE SALAD, CHICKEN BROCCOLI STIR FRY, KIMCHI UDON STIR FRY, SPANISH TOMATO BEAN STEW

FRUITS & VEGETABLES

- 13 garlic cloves
- 2 tablespoons ginger
- 1 tablespoon fresh thyme
- 1 carrot
- 4 cups chopped broccoli
- 6 medium tomatoes
- 3 cups button mushrooms
- 3 cups snow peas
- 6 ounces green beans
- 8 small red potatoes
- 2 heads Boston lettuce
- 1 bell pepper
- 8 stalks scallions

PROTEIN

- 1 pound cannellini beans
- 2 1/2 pounds chicken breast
- 8 eggs
- 12 anchovy fillets
- 12 ounce canned tuna
- 4 strips bacon

OILS

- Vegetable oil
- Extra virgin olive oil
- Peanut oil
- 1 1/2 tablespoons sesame oil

OTHER

- 20 kalamata olives
- 1/2 cup chicken stock
- 2 cups kimchi
- Nori

CANNED GOODS

- 1/2 cup water chestnuts
- 1 cup canned bamboo shoots

GRAINS/NOODLES

- 4 packets fresh udon noodles

PANTRY

- 5 tablespoons cornstarch
- 9 tablespoons soy sauce
- 4 tablespoons rice vinegar
- 5 tablespoons oyster sauce
- 2 tablespoons sriracha sauce
- 3 tablespoons honey
- 4 tablespoons red wine vinegar
- 2 teaspoons dijon mustard
- 1 tablespoon sugar
- 1 tablespoon sesame seeds
- Ground white pepper