

MONDAY

Korean Fish Donburi

A comforting and filling fish donburi seasoned with Korean flavors.

Cook time from start to finish: 21 minutes

Flavor profile: Nutty, smoky, savory, slightly spicy

Ingredients: Firm fish, sesame oil, garlic, ginger, gochugaru, soy sauce, mirin, scallions, rice.

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

TUESDAY

Kitsune Udon

Quick and easy Japanese udon noodle soup with inari age (seasoned deep fried tofu pouch).

Cook time from start to finish: 13 minutes

Flavor profile: Savory, umami, briny, slightly sweet.

Ingredients: Fresh udon noodles, inari age, scallions, fish cakes (optional), nori (optional), dashi, water, soy sauce, mirin, salt, kombu, ichimi.

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

WEDNESDAY

Miso Salmon

Delicate salmon fillet marinated in miso paste, sake, and mirin.

Cook time from start to finish: 45 minutes

Flavor profile: Umami, savory, slightly sweet, and nutty,

Ingredients: Salmon fillet, miso paste, sake, mirin, sesame oil.

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

THURSDAY

Doenjang Jjigae

The classic Korean soybean paste stew packed with tofu and vegetables.

Cook time from start to finish: 25 minutes

Flavor profile: Smoky, peppery, savory, umami.

Ingredients: Water, doenjang, garlic, dried kelp, gochugaru, zucchini, onion, mushrooms, daikon, tofu, scallions, chili pepper.

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

FRIDAY

Vegetable Oyakodon

A vegetarian version of the popular Japanese chicken and egg rice bowl.

Cook time from start to finish: 25 minutes

Flavor profile: Savory, sweet, umami.

Ingredients: Onion, mushrooms, carrot, cabbage, eggs, dashi, mirin, soy sauce, sake, sugar, cooked rice.

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

LUNCH IDEAS

- Simple egg curry
- Tofu vegetable soup
- Hiyashi chuka

SIDE IDEAS

- Avocado cheese dumplings
- Kani salad
- Chopped salad with avocado and endives

SNACK IDEAS

- Apple turnovers
- Philadelphia roll
- Chocolate pumpkin biscotti

KOREAN FISH DONBURI, KITSUNE UDON, MISO SALMON, DOENJANG JJIGAE, VEGETABLE OYAKODON

FRUITS & VEGETABLES

- 5 garlic cloves
- 2 thumb size pieces of ginger
- 14 scallions
- 2 small carrots
- 1 large zucchini
- 2 cups chopped cabbage
- 3 medium onions
- 1 cup chopped button mushrooms
- 10 shiitake mushrooms
- 1 cup sliced daikon
- 1 Korean chili pepper or jalapeño

PANTRY

- 11 tablespoons soy sauce
- 13 tablespoons mirin
- 4 tablespoons sake
- 6 tablespoons miso paste
- 3 tablespoons gochugaru (Korean red pepper flakes)
- Ichimi togarashi
- 1 teaspoon granulated sugar
- 1 teaspoon salt

PROTEIN

- 20 ounces firm fish like salmon, tuna, or arctic char
- Four 4 to 6 ounces salmon fillets
- One 14-16 ounce block medium or firm tofu
- 4 large eggs

CANNED GOODS

- 4 pieces inari age

GRAINS/NOODLES

- 8 cups cooked rice
- 4 packets fresh or frozen udon noodles

OILS

- 5 tablespoons sesame oil
- Neutral oil (vegetable, grapeseed)

OTHER

- 11 cups dashi
- 8-inch piece kombu (dried kelp)
- Doenjang (Korean fermented soybean paste - optional if you have miso paste)
- Narutomaki (fish cakes - optional)
- Nori (seaweed - optional)