

MONDAY

Vegan Dan Dan Noodles

Chopped mushrooms replace the ground meat and bring earthiness to this popular Sichuan noodle dish.

Cook time from start to finish: 19 minutes

Flavor profile: Nutty, spicy, earthy, savory.

Ingredients: Thin spaghetti, celery, button mushrooms, spinach, scallions, garlic, ginger, rice vinegar, chili oil, soy sauce, natural peanut butter.

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TUESDAY

Vegetarian Kimbap

A delicious Korean classic that's colorful, healthy, and full of refreshing flavors.

Cook time from start to finish: 30 minutes

Flavor profile: Slightly sweet, vinegary, salty.

Ingredients: Cooked Japanese rice, sesame oil, eggs, danmuji (yellow pickled radish), cucumber, carrot, spinach

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WEDNESDAY

Japchae

With its chewy glass noodles, sweet and savory sauce, and colorful vegetables, japchae is the perfect meal to serve to noodle lovers.

Cook time from start to finish: 20 minutes

Flavor profile: Nutty, savory, earthy.

Ingredients: Sweet potato noodles, sesame oil, garlic, onion, shiitake mushrooms, bell pepper, carrot, spinach, scallions, sesame seeds.

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THURSDAY

Salmon en Papillote

A French classic! Salmon en papillote is light and pairs beautifully with rice or noodles.

Cook time from start to finish: 25 minutes

Flavor profile: Briny, tart, salty, earthy.

Ingredients: Salmon, garlic, olive oil, dill, cherry tomatoes, button mushrooms, asparagus, lemon, capers (optional).

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FRIDAY

Roasted Spaghetti Squash

A comforting yet light vegetarian spaghetti squash full of earthy flavors.

Cook time from start to finish: 70 minutes

Flavor profile: Savory, umami, cheesy.

Ingredients: Spaghetti squash, olive oil, button mushrooms, garlic, thyme, parmesan cheese, parsley.

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LUNCH IDEAS

- Corn Salad with Creamy Miso Dressing
- Creamy Cucumber Tomato Salad
- Edamame Vichyssoise

SIDE IDEAS

- Air Fryer Sweet Potatoes
- Filipino Garlic Rice
- Korean Spicy Daikon Radish Salad

SNACK IDEAS

- Matcha Mochi Cookies
- Ramen Egg (Ajitsuke Tamago)
- Inari Sushi

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

FRUITS & VEGETABLES

- 6 garlic cloves
- 1 tablespoon ginger
- 1 medium onion
- 2 stalks celery
- 6 shiitake mushrooms
- 2 1/2 pound button mushrooms
- 15 cups baby spinach
- 5 stalks scallions
- 1 English cucumber
- 3 medium carrots
- 1/2 red bell pepper
- 2 tablespoons fresh dill
- 1 tablespoon fresh thyme
- Handful flat leaf parsley
- 28 cherry tomatoes
- 16 to 20 spears asparagus
- 2 lemons
- 2 pounds spaghetti squash

PROTEIN

- 4 large eggs
- 4 8-ounce boneless salmon fillets

GRAINS/NOODLES

- 8 ounces thin spaghetti
- 6 cups cooked Japanese rice
- 200 grams sweet potato noodles (dangmyeon)

OILS

- 2 tablespoons chili oil
- 6 tablespoons sesame oil
- Olive oil
- Neutral oil (vegetable, grapeseed)

OTHER

- 3 tablespoons natural peanut butter
- Danmuji (yellow pickled radish - or takuan)
- 4 teaspoons capers (optional)
- 1/4 cup parmesan cheese

PANTRY

- 3 tablespoons rice vinegar
- 6 tablespoons soy sauce
- 1 tablespoon dark soy sauce
- 4 1/2 teaspoons sugar
- Salt and pepper
- 1 tablespoon sesame seeds