

JAPANESE MEAL PLAN

MONDAY



Tofu Katsu

Crispy tofu katsu cutlets with a sweet and tangy tonkatsu sauce.

Cook time from start to finish: 51 minutes

Flavor profile: Sweet, tangy, fruity, nutty.

Ingredients: Tofu, flour, egg, dijon mustard, breadcrumbs, oil, tonkatsu sauce, salt and pepper.

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TUESDAY



Spicy Miso Ramen

This miso ramen gets a smoky and fiery kick from the combination of tobanjan and gochugaru.

Cook time from start to finish: 25 minutes

Flavor profile: Smoky, peppery, umami, salty, nutty.

Ingredients: Water, stock, soy sauce, tobanjan, gochugaru, ramen noodles, cabbage, carrot, miso paste, scallions, sesame oil, garlic, salt and pepper.

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WEDNESDAY



Vegan Hambagu

Made with Beyond Beef Ground Beef, the patties are moist and tender, and topped with an earthy mushroom gravy. Your kids will love this recipe!

Cook time from start to finish: 22 minutes

Flavor profile: Meaty, nutty, savory, earthy.

Ingredients: Beyond Beef, onion, garlic, soy sauce, oat milk, panko breadcrumbs, flaxseed egg, oil, flour, salt and pepper, mushroom broth, ketchup, mirin, sugar.

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THURSDAY



Spaghetti Napolitan

A kid friendly spaghetti with a creamy ketchup sauce topped with sausages and vegetables.

Cook time from start to finish: 25 minutes

Flavor profile: Sweet, salty, umami.

Ingredients: Spaghetti, butter, onion, bell pepper, mushrooms, wiener sausages, ketchup, milk, sugar, water, parmesan cheese, tabasco sauce.

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FRIDAY



Omurice

Japanese comfort food! Vegetable and ketchup fried rice topped with an omelet.

Cook time from start to finish: 25 minutes

Flavor profile: Sweet, salty, eggy.

Ingredients: Ketchup, chicken broth, oil, soy sauce, mushrooms, onions, carrot, frozen peas, cooked Japanese rice, eggs, water, salt and pepper.

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JAPANESE MEAL PLAN

LUNCH IDEAS



- Zaru Soba (Cold Soba Noodles)
- Dashimaki Tamago (Dashi Rolled Omelet)
- Japanese Fried Rice (Yakimeshi)

SIDE IDEAS



- Veggies with Miso Lemon Dip
- Kaisou Salada (Seaweed Salad)
- Ochazuke (Green Tea Over Rice)

SNACK IDEAS



- Iced Matcha Latte
- Kinako Dango (Rice Dumpling with Sweet Soy Flour)
- Coffee Jelly

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

FRUITS & VEGETABLES

- 3 garlic cloves
- 1 medium onion
- 1 green bell pepper
- 14 button mushrooms
- 5 ounces cabbage
- 2 small carrots
- 1/4 cup frozen peas
- 3 scallions

PROTEIN

- 1 block extra firm tofu
- 1 package Beyond Beef Plant Based Ground
- 6 ounces wiener sausages
- 5 large eggs

OILS

- 1/3 cup + 3 tablespoons vegetable oil
- 2 tablespoons extra virgin olive oil
- 3 tablespoons sesame oil
- 2 tablespoons butter

PANTRY

- 4 tablespoons soy sauce
- 1 1/2 tablespoon white or awase miso paste
- 1 1/4 cup ketchup
- 1/2 teaspoon mirin
- 1 teaspoon tobanjan
- 1 teaspoon gochugaru
- 2 teaspoons sugar
- 1 teaspoon dijon mustard
- 1/2 cup all-purpose flour
- 1/2 cup milk
- Salt and pepper

GRAINS/NOODLES

- 1 pound dried spaghetti
- 2 packets fresh ramen noodles
- 2 cups leftover cooked Japanese rice

OTHER

- 2 tablespoons oat milk
- 1/4 cup panko breadcrumbs
- 1 cup regular breadcrumbs
- 1 tablespoon ground flaxseed
- 2 cups mushroom stock
- 1 teaspoon powdered chicken or vegetable stock
- Grated parmesan cheese

SAUCES

- Tabasco sauce
- Tonkatsu sauce