

MONDAY



Honey Sriracha Tofu

Crispy tofu tossed in a sweet and spicy honey sriracha sauce.

Cook time from start to finish: 20 minutes

Flavor profile: Sweet, savory, spicy.

Ingredients: Tofu, garlic, sriracha sauce, soy sauce, honey, rice vinegar, potato starch (or cornstarch), vegetable oil, sesame oil, sesame seeds, scallion.

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TUESDAY



Vegan Fried Rice

A vegan fried rice packed with veggies and cashews.

Cook time from start to finish: 15 minutes

Flavor profile: Savory, nutty.

Ingredients: Vegetable oil, garlic, onion, carrot, red bell pepper, baby spinach, cashews, brown rice, soy sauce, sesame oil, salt, pepper.

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WEDNESDAY



Shrimp Stir Fry

A simple shrimp stir fry with classic flavors that tastes better than takeout!

Cook time from start to finish: 48 minutes

Flavor profile: Salty, nutty, umami.

Ingredients: Egg white, rice vinegar, cornstarch, salt, shrimp, vegetable oil, garlic, dried red chili, onion, water chestnuts, bok choy (or snow peas), soy sauce, oyster sauce, cornstarch, water, sesame oil.

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THURSDAY



Yaki Udon

Udon noodles stir fried in a mixture of butter and dashi powder and topped with bonito flakes and fresh scallions.

Cook time from start to finish: 10 minutes

Flavor profile: Savory, umami, buttery.

Ingredients: Fresh udon noodles, butter, water, dashi powder, soy sauce, scallions, nori, bonito flakes.

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FRIDAY



Salmon Croquettes

Light and tasty salmon croquettes served with a dill sriracha dipping sauce.

Cook time from start to finish: 25 minutes

Flavor profile: Citrusy, salty, umami.

Ingredients: Salmon fillet, parmesan cheese, panko breadcrumbs, shallot, Worcestershire sauce, egg, capers, olive oil, sriracha sauce, dill, lemon, mayonnaise..

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LUNCH IDEAS



- Shoyu ramen
- Asian slaw
- Onigiri (Japanese rice balls)

SIDE IDEAS



- Sugar snap peas with sesame dressing
- Maitake mushroom miso soup
- Japanese potato salad

SNACK IDEAS



- Hawaiian butter mochi
- Apple crumble mug cake
- Easy peanut butter fudge

HONEY SRIRACHA TOFU, VEGAN FRIED RICE, SHRIMP STIR FRY, YAKI UDON, SALMON CROQUETTES

FRUITS & VEGETABLES

- 8 garlic cloves
- 14 green onions
- 3 small onion
- 1 small carrot
- 1/2 red bell pepper
- 1 cup baby spinach
- 4 cups bok choy
- 2 tablespoons fresh dill
- 2 teaspoons lemon juice

PANTRY

- 4 tablespoons butter
- 6 tablespoons sriracha sauce
- 10 tablespoons soy sauce
- 2 tablespoons oyster sauce
- 3 tablespoons honey
- 4 tablespoons rice vinegar
- 7 tablespoons potato starch or cornstarch
- 2 tablespoons sesame seeds
- 2 teaspoons dried red chili
- 2 teaspoons dashi powder
- 2 teaspoons Worcestershire sauce
- White ground pepper

PROTEIN

- 2 14-ounce blocks of firm tofu
- 4 large eggs
- 16 ounces large frozen shrimp
- 2 pounds skinless, boneless salmon fillets

DAIRY

- 1/2 cup shredded parmesan cheese

CANNED GOODS

- 2/3 cup water chestnuts

GRAINS/NOODLES

- 4 packages fresh udon noodles
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OILS

- Vegetable oil
- Extra virgin olive oil
- 5 teaspoons sesame oil

OTHER

- 1/4 cup cashews
- Nori sheets
- Bonito flakes
- 1 1/2 cup panko breadcrumbs
- 2 tablespoons capers
- 2/3 cup mayonnaise