

GROCERY LIST - YOUR ASIAN-INFUSED WEEK

PRODUCE

- 1 package broccoli slaw
- 1 package shredded carrots
- 1 red bell pepper
- 1 package romaine hearts
- 1 package bean sprouts
- 1 bunch fresh cilantro or green onions
- 2 limes
- Fresh ginger root
- 3 garlic cloves

DAIRY & PROTEIN

- 1 block extra-firm tofu (or sub chicken breasts)

DRY GOODS

- 1 package frozen shelled edamame
- 1-1.5 cup brown rice
- Unsalted peanuts (sub cashews) (~3/4 to 1 cup)
- ¼ cup peanut butter

PANTRY & SEASONINGS

- Reduced-sodium soy sauce
- Sesame oil (~2-3 Tbsp)
- Coconut sugar or brown sugar
- Rice vinegar
- Sriracha or similar hot sauce
- Olive oil (1/2 cup + a little extra)

WHAT TO PREP ON SUNDAY

- Prepare tofu—follow recipe for Ginger Sesame Tofu.
- Prepare sauce—follow recipe for Easy Peanut Sauce.
- Prepare salad dressing—follow recipe for Quick Asian Vinaigrette.
- Cook frozen shelled edamame—boil or steam according to package directions, drain, run under cold water to cool it down, and store in sealed container in the fridge.
- Slice raw ½ red bell pepper into strips, dice other ½ into cubes. Chop fresh cilantro or green onions. Store separately in sealed plastic bags or containers.
- Rinse romaine hearts, dry, and store in a sealed plastic bag.
- Cook brown rice according to package directions. Cool and store in a sealed container in the fridge.

RECIPES TO PREP

GINGER SESAME TOFU BREASTS (ADAPTED FROM THUG KITCHEN)

INGREDIENTS

1 block extra-firm tofu (sub chicken breast and cut into strips)

MARINADE:

¼ cup reduced-sodium soy sauce

¼ cup rice vinegar

2 tbsps lime juice

2 tbsp brown sugar

1 tbsp minced fresh ginger

2 tsp sesame oil

2 tsp sriracha or similar hot sauce

2 cloves garlic, thickly sliced

STEPS

- 1) Drain block of tofu, wrap it in some paper towels, and put it between 2 plates and put weight on it, such as a book (this presses out all the water it's packed in and makes room for it to absorb flavor).
- 2) Mix all the marinade ingredients in a shallow rimmed dish, such as a 9 x 13 casserole dish.
- 3) Cut the tofu into width-wise planks no thicker than about ¼ inch. This should create about 12 pieces per brick of tofu.
- 4) Place tofu slices in the marinade and arrange in a single row in the dish, making sure all pieces are covered. Place the dish in the fridge and let the tofu marinade- at least 2 hours is best.
- 5) When ready to bake, heat the oven to 450 degrees F. Grease a rimmed baking sheet or put down a silicone baking sheet.
- 6) Take the tofu out of the marinade (save the marinade) and arrange the slices on the baking sheet. Bake for 15 minutes, flip, and spoon a little more marinade on each slice. Bake for 10 more minutes, flip, and repeat adding the marinade. Bake for another 5 minutes or until the edges look a little crispy.
- 7) Remove cooked tofu from the baking sheet and place onto a plate to cool. Store in a sealed container in the fridge.

QUICK ASIAN VINAIGRETTE

INGREDIENTS

1 small garlic clove, minced

1 tbsp reduced-sodium soy sauce

2 tsp rice vinegar

1/2 cup olive oil

1/2 tsp sesame oil

Salt & freshly ground pepper

STEPS

In a small bowl, whisk together all ingredients until well combined. Store in a sealed container in the fridge.

EASY PEANUT SAUCE

INGREDIENTS

2 Tbsp soy sauce

1 Tbsp sesame oil

¼ c peanut butter

1 Tbsp coconut sugar or brown sugar

¼ cup water

STEPS

In a small bowl, whisk together all ingredients until well combined. The sauce will at first appear separated, so make sure to mix thoroughly until the sauce becomes creamy. Store in a sealed container in the fridge.

DAILY MEALS

MONDAY

RICE BOWL

1 c brown rice +
3 pieces tofu +
¼ c edamame +
¼ diced red bell pepper +
1 oz shredded carrots +
cilantro garnish +
drizzle of peanut sauce

TUESDAY

LETTUCE WRAPS

3 romaine heart leaves +
¾ c broccoli slaw +
¼ c shredded carrots +
½ c edamame +
1 oz peanuts +
¼ c bean sprouts +
drizzle of peanut sauce

WEDNESDAY

ASIAN SALAD

3 c lettuce +
½ c broccoli slaw +
¼ c shredded carrots +
3 pieces of tofu +
1 oz peanuts +
1 oz bean sprouts +
1-2 Tbsp vinaigrette +
cilantro garnish

THURSDAY

BENTO BOX

3 pieces tofu +
½ c brown rice +
½ c edamame +
½ sliced red bell pepper +
2-3 Tbsp peanut sauce for dipping

FRIDAY

VEGGIE & TOFU SLAW

1 c broccoli slaw +
½ c shredded carrots +
¼ c bean sprouts +
1-2 Tbsp vinaigrette +
3 pieces tofu or
½ c edamame +
1 oz peanuts +
cilantro garnish +

NOTES:

LIKES/DISLIKES:

Meals in this guide are meant for one person. This is a general guide prepared by a Registered Dietitian. Your unique lifestyle and body may require that you adjust the quantities of ingredients to fit your personal needs.

PLAN BY CATHERINE BORKOWSKI, RD, LDN

Catherine Borkowski, RD, LDN is a Chicago-based Registered Dietitian, yoga lover and nutrition nerd. As a self-proclaimed "flexitarian," Catherine's nutrition philosophy promotes living a plant-based powered life, practicing moderation, not deprivation and cultivating a healthy relationship with food. Catherine has focused much of her career working in the field of behavior change, helping others develop healthy, sustainable lifestyle changes. She directs a team of health coaches at EngagementHealth, a corporate wellness company in the West Loop. Outside of her passion for yoga, Catherine loves to tone with Pilates and dance it up in cardio hip hop.