

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

Brown rice +
Tofu +
Edamame +
Diced red bell pepper +
Shredded carrots +
Cilantro +
Drizzle of peanut sauce

TUESDAY

LETTUCE WRAPS

Full romaine heart leaves +
Broccoli slaw +
Shredded carrots +
Edamame +
Peanuts +
Bean sprouts +
Drizzle of peanut sauce

WEDNESDAY

ASIAN SALAD

Lettuce +
Broccoli slaw +
Shredded carrots +
Tofu +
Peanuts +
Bean sprouts +
Vinaigrette

THURSDAY

BENTO BOX

Tofu +
Brown rice +
Edamame +
Sliced red bell pepper +
Peanut sauce for dipping

FRIDAY

VEGGIE & TOFU SLAW

Broccoli slaw +
Shredded carrots +
Bean sprouts +
Toss in vinaigrette +
Top with tofu or edamame +
Peanuts

NOTES:

LIKES/DISLIKES:

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.