

GROCERY LIST - AFTERNOONS IN JAPAN

PRODUCE

- 1 head of red cabbage (or ~10 oz bag of shredded)
- 1 bunch kale (look for lacinato, but any variety will do)
- 1 bag whole & 1 bag shredded carrots (or 2 bags shredded carrots)
- 2 shallots (or 1 onion)
- 1 c shelled edamame (frozen or fresh)
- 1 bunch cilantro
- 1 small bunch green onion
- 1 red bell pepper
- ¼ c fresh ginger root (a couple of large root pieces)
- 1 pkg rice spring roll wraps (or lettuce leaf wraps)

DAIRY & PROTEIN

- 1 lb block extra firm tofu (or 1 lb boneless, skinless chicken breasts)

OPTIONS

- lime
- jalapeno
- red pepper flakes
- chopsticks!

PANTRY, CONDIMENTS & SEASONINGS

- 4-6 oz soba noodles*
- 2 Tbsp white miso paste**
- sesame oil (toasted sesame oil works best for flavor but regular will work) (~½ c)
- soy sauce or tamari (~½ c)
- rice vinegar (~½ c)
- honey (~2-3 Tbsp)
- sesame seeds (~½ c)
- ground ginger
- garlic powder
- brown sugar (optional) (1 Tbsp)
- sriracha or other hot sauce (optional) (1 tsp)

WHAT TO PREP ON SUNDAY

- Prepare Savory Sesame Baked Tofu.
- Prepare Carrot-Ginger Dressing.
- Prepare Soba & Raw Veggie Salad.
- Make a veggie slaw: chop the kale and red cabbage into fine strips, place in a bowl, and mix in shredded carrots. Store in a large sealed plastic bag or container in the fridge.
- Julienne the other ½ of the red bell pepper (other ½ used in the Soba & Veggie Salad).
- If not using rice paper wraps, wash, dry, and store lettuce leaves for wraps.

*If you are gluten-free, look for 100% buckwheat soba noodles. Some varieties are made with part wheat flour. If you are eating paleo, try spiralized zucchini or cucumber "noodles" in place of soba noodles.

**Miso paste can be found in the Asian food section at grocery stores. Omit if you can't find it, but it provides a nice boost of flavor.

RECIPES TO PREP

CARROT GINGER DRESSING - (BORROWED AND ADAPTED FROM THE IT'S ALL GOOD COOKBOOK)

INGREDIENTS:

- 2 carrots, peeled and roughly chopped (or 2 handfuls of shredded carrots)
- 2 shallots (sections of a shallot, not entire shallow), peeled and roughly chopped (or ½ an onion)
- ¼ c peeled and roughly chopped fresh ginger root
- 2 Tbsp white miso paste**
- ¼ c rice vinegar
- 2 Tbsp honey or sweetener of preference
- 2 Tbsp toasted sesame oil

½ c grapeseed or canola oil

¼ c water

½ tsp sea salt

½ tsp black pepper

STEPS

1. Puree everything together in a powerful blender or food processor until smooth.
2. Store in a sealed container in the fridge. This dressing will keep well for 1 week. Makes 2.5 cups.

SOBA NOODLE & RAW VEGGIE SALAD

ADAPTED FROM COOKIE & KATE

INGREDIENTS

- 4-6 ounces soba noodles*
- 1 small bunch green onions, chopped
- ¼ c chopped cilantro
- ½ red bell pepper, sliced thin
- ½ c shredded red cabbage, or ¼ head of red cabbage, thinly sliced
- ½ c shredded carrots, or 1-2 whole carrots, shredded with a vegetable peeler
- 1 c shelled edamame, steamed
- ¼ c toasted sesame seeds
- 2 Tbsp soy sauce
- 2 Tbsp rice vinegar
- 2 Tbsp of oil (sesame, peanut, vegetable, or a combination)

STEPS

1. Cook soba noodles according to directions, drain and rinse in a colander.
2. Rinse noodles well in cold water. You can also return the noodles to a pot of cold water. Gently "wash" the noodles in cold water to remove the excess starch. *This is an important step in keeping the noodles from overcooking or sticking to each other.
3. Chop up all your vegetables, and toss into a bowl with the soba noodles.
4. In a small bowl, whisk together the soy sauce, oil, rice vinegar. Pour the mixture into the pasta and veggies and toss well to combine**. Store in a sealed container in the fridge.

*If you are gluten-free, look for 100% buckwheat soba noodles. Some varieties are made with part wheat flour. If you are paleo, try spiralized zucchini or cucumber "noodles" in place of soba noodles.

**When ready to eat this salad, serve with toppings of choice for extra flavor, such as lime juice, red pepper flakes, or thinly sliced jalapeno.

SAVORY SESAME BAKED TOFU (OR CHICKEN)

INGREDIENTS

- 1 lb block of extra-firm tofu (or substitute 1 lb boneless, skinless, chicken breasts)
- ¼ c sesame oil
- ¼ c soy sauce or tamari
- 1 Tbsp sesame seeds
- ½ tsp ground ginger (or fresh)
- 1 tsp garlic powder
- 1 Tbsp brown sugar or honey (optional)
- 1 tsp sriracha or other hot sauce (optional)

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). If substituting chicken, prepare breasts whole and slice after cooking.
2. Mix all the marinade ingredients in a shallow rimmed dish, such as a 9 x 13 casserole dish.
3. Cut the tofu into widthwise planks no thicker than about 1/4 inch. This should create about 12 pieces per brick of tofu. 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 marinate- at least 2 hours is best, but if you only have a short amount of time, marinate the tofu while preparing other parts of the Lunch Bunch meals.
4. When ready to bake, heat the oven to 450 degrees F. Grease a rimmed baking sheet or put down a silicone baking sheet.
5. 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.
6. Remove cooked tofu from the baking sheet and place onto a plate to cool. Slice some of the tofu planks into julienned strips to be used later in the week. Store in a sealed container in the fridge.

DAILY MEALS

MONDAY

SOBA WITH A TWIST

1-1.5 c soba salad +
3 oz tofu +
drizzle of carrot ginger dressing +
topping of choice (refer to "options
from your grocery list)

*Or try the traditional method of
eating soba by dipping noodles into
the sauce!

TUESDAY

SOBA SPRING ROLLS

Rice paper wrap (or lettuce wrap) +
1 oz soba salad +
handful of veggie slaw mix +
dip in carrot ginger dressing
x 3 to make 3 rolls

To prepare them, One at a time, dip rice
papers into warm water for 5 seconds.
Remove and place on a clean towel. Place
ingredients in the center (horizontally),
wrap & tuck the sides, then the bottom
flap, and then carefully tuck and roll until
closed.

WEDNESDAY

SESAME SOBA SALAD

1 c veggie slaw mix +
½ c soba salad +
3 oz tofu +
drizzle of carrot ginger dressing +
sesame seeds

THURSDAY

TOFU & CARROT GINGER SLAW

2-3 c veggie slaw mix +
1-2 Tbsp carrot ginger dressing +
3 oz tofu +
top with sesame seeds

FRIDAY

SESAME SLAW SPRING ROLLS

Rice paper wrap (or lettuce wrap) +
handful of veggie slaw mix +
1 oz julienned tofu +
½ julienned red bell pepper
x 3 to make 3 rolls and dip in carrot
ginger dressing

To prepare them, One at a time, dip rice
papers into warm water for 5 seconds.
Remove and place on a clean towel. Place
ingredients in the center (horizontally), wrap
& tuck the sides, then the bottom flap, and
then carefully tuck and roll until closed.

NOTES:

LIKES/DISLIKES:

Meals in this guide are meant for one person. This is a general guide prepared by a Registered Dietitian. Your unique life-style 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.