



Japanese Meal Plan

(based on portions for one person)



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast

Usually several items in small portions. Include rice in nearly every meal.

½ cup seaweed salad
3oz tuna
½ cup miso soup
½ cup steamed rice (usually white, preferably brown)
1 Tbsp pickled ginger
8oz green tea

½ cup natto (fermented soybeans)
½ cup steamed rice
½ cup cooked vegetables
1 Tbsp pickled fruit
2 Tbsp green onions
8oz green tea

¾ cup steamed rice
1 egg (usually raw, but preferably boiled)
½ cup cucumber and seaweed salad
8oz green tea

½ cup natto
3oz salmon
½ cup steamed rice
2 Tbsp green onions
8oz green tea

1 serving seaweed
½ cup tofu
½ cup steamed rice
1 Tbsp pickled vegetables
8oz green tea

½ cup natto
½ cup steamed rice
½ cup cooked vegetables
1 Tbsp pickled fruit
1 Tbsp dried seaweed
8oz green tea

½ cup miso soup
½ cup tofu
½ cup steamed rice
½ cup steamed edamame
2 Tbsp green onions
8oz green tea

Lunch

Include rice in nearly every meal.

6oz tempura shrimp (flour and sparkling water batter)
½ cup steamed rice
½ cup steamed edamame
½ cup dashi-based soup
1 serving seaweed (can be nori, kelp, etc)
8oz cold barley tea
2 plums

1-2 small fish cakes
1 cup shiitake mushroom soup
1 serving seaweed
½ cup vinegar marinated vegetables
1 Tbsp pickled ginger
8oz green tea

¾ cup tofu
½ cup steamed rice
½ cup Japanese kimchi nabe soup (kimchi, vegetables, can include meat)
8oz cold barley tea
1 small peach

1 boiled egg
½ cup steamed edamame
¼ cup bok choy and julienne vegetable salad
½ cup soy milk hot pot (vegetarian, fish or meat-based)
1 Tbsp dried seaweed (for garnish)
8oz cold barley tea

1.5 cup nabeyaki udon soup (udon noodles, chicken, carrot)
½ cup cucumber salad with bok choy and bell pepper
2 plums

1 boiled egg
1 cup shiitake mushroom soup
½ cup vinegar marinated vegetables
2 Tbsp green onions
8oz cold barley tea

½ cup soba noodles in broth
¼ cup carrots
1 serving seaweed
1 Tbsp pickled ginger
8oz green tea
2 plums

Dinner

Various types of seaweed often included.

1 boiled egg
½ cup soba noodles in broth (seasoned with garlic, ginger & soy sauce)
½ cup sliced mushrooms
¼ cup carrots
¼ cup bok choy (packed)

1.5 cup cabbage and eggplant miso soup
1 Tbsp dried seaweed (for garnish)
2 Tbsp green onions
1 small peach

6oz boiled shrimp
1/2 cup sesame ramen noodles
½ cup vinegar marinated vegetables
1 serving seaweed
¼ cup carrots

6-8 pieces sushi
½ cup steamed rice
½ cup sliced mushrooms
1 serving seaweed
1 Tbsp pickled ginger
2 plums

6oz salmon or tuna sashimi with soy sauce (usually raw, cooked preferred)
1 serving seaweed
1/2 cup ramen noodles in broth
¼ cup carrots

1 cup rice porridge with chicken pieces, nori and sesame seeds
½ cup steamed edamame
¼ cup cabbage salad (similar to coleslaw)

1 serving spring rolls (with shrimp and vegetables)
1/2 cup soba noodles in broth
1 Tbsp dried seaweed (for garnish)

Snack

Only if needed.

8oz green tea

8oz milk
8oz cold barley tea

8oz green tea

8oz green tea

8oz cold barley tea

8oz green tea

8oz milk
8oz cold barley tea