




A JAPANESE-INSPIRED MEAL PLAN FOR FRESH, SEASONAL EATING



	morning	afternoon	evening	
monday - spring welcome	Strawberry Matcha Smoothie	Spring Rolls + Miso soup	Japanese Sweet Potato w/ broccoli & miso butter	shun - eat seasonally
tuesday - light & green	Greek yogurt with berries & black sesame seeds + matcha tea	Assiette Verte au Curry + brown rice onigari	Spring Miso Salmon w/ greens & rice	
wednesday - fresh & simple	Iced Matcha Latte + protein powder	Spring Rice Bowl or scattered sushi	Japanese Turkey Meatballs + lettuces w/ whipped miso tofu	a soft return to lightness
thursday - bento day	Greek yogurt with berries & hemp seeds + matcha tea	Bento Box: miso soup, onigari, omelette, meatballs	Buckwheat crepe w/ artichoke & wakame + salad	
friday - a little fun	Strawberry Matcha Smoothie	Spring salad w/ surimi, cucumber & egg	Tokyo-inspired Spring Vegetable Pizza + sakura taiyaik	slow down & notice the fleeting beauty of spring
	Try to plant As for a child. A little wild cherry tree. - Matsuo Basho		A delicate pink, Warm fish filled with sweet sakura, Spring blooms in my hand.	
		recipes at charlotteblog.com		