

Rice, Cereal & Legumes

- ☐ Chopped parsley to garnish
- ☐ Lasagna pasta 1 pound
- ☐ udon noodles (frozen) 500g

Canned Goods

- ☐ 3 tablespoons low-sodium chicken stock

Condiments & Spices

- ☐ Bonito flakes 1 pack
- ☐ Dark soy sauce 1 bottle
- ☐ Green onions 1 bundle
- ☐ Kewpie mayo 1 jar
- ☐ Oyster sauce 1 bottle
- ☐ Sriracha hot sauce 1 bottle
- ☐ Toasted sesame seeds 1 packet

Dairy

- ☐ freshly grated nutmeg 1 pinch
- ☐ grated parmesan cheese 1 cup
- ☐ shredded mozzarella cheese 8 ounces

Beverages

- ☐ 1 tbsp mirin

Vegetables

- ☐ carrots 2 units
- ☐ crushed tomatoes (preferably San Marzano) 1 can (28 oz)
- ☐ garlic 3 units
- ☐ onion 1.5 units

Baking

- ☐ 2 teaspoons cornstarch, optional

Meat

- ☐ boneless skinless chicken breast 1.1 pounds
- ☐ ground beef (20% fat) 1 pound

Fruits

- ☐ 1 or 2 tablespoons lemon juice

Seafood

- ☐ Gochugaru (Korean chili flakes) 1 unit
- ☐ shrimp 0.5 lb