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