

HERMAN AT HOME

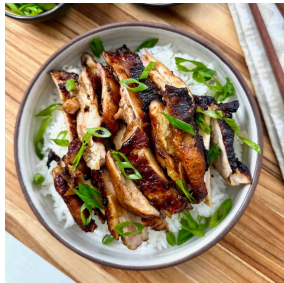
Weekly Meal Plan 5



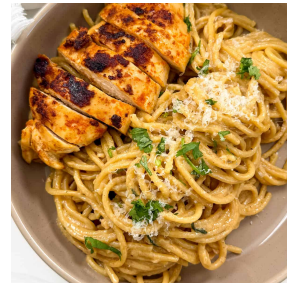
Mapo Tofu



Garlic Butter Noodles



Air Fryer Soy Sauce Chicken Crispy
And Juicy



Garlic Parmesan Chicken Pasta



Chicken Bulgogi Korean Bbq
Chicken

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Grocery List

Pantry

- Neutral oil 1 tbsp
- Chili bean sauce (dobanjiang) 2 tbsp
- Soy sauce 6.5 tbsp
- Oyster sauce 1 tbsp
- Sugar 2 tsp
- Chili oil 5 tbsp
- Cornstarch 1.5 tbsp
- White rice 1 cup
- Sesame seeds 2 tbsp
- Wheat Noodles 6 oz
- Fish Sauce 1 tbsp
- Dark Soy Sauce 2 tbsp
- Honey 1 tbsp
- Sesame Oil 3 tsp
- Dry Spaghetti 8 oz
- Pasta Water 0.25 cups
- Brown sugar 2 tbsp
- Mirin 1 tbsp
- Sesame oil 2 tsp
- Avocado oil 1 tbsp

Produce

- Garlic 16 cloves
- Minced ginger 1 tbsp
- Green onions 3 count
- Chopped green onions 1 tbsp
- Shallot 1 each
- Cilantro 1 bunch
- Ginger 1 inch
- Yellow Onion 0.5 each
- Chopped Cilantro 1 bunch
- Yellow onion 0.5 count
- Green onions 1 count

Spices & Seasonings

- Ground Sichuan peppercorn 1 tsp
- Dried Oregano 0.5 tsp
- Chili Flakes 0.5 tsp
- Salt 2 tsp
- Black Pepper 2 count
- Chinese Five-Spice Powder 0.5 tsp
- White Pepper 1 dash
- Freshly Ground Black Pepper 1 count

Other

- Chicken stock 1 cup
- Water (for cornstarch slurry) 0.25 cup
- Soft tofu 14 oz
- Sesame seeds 1 count

Dairy & Eggs

- Unsalted Butter 6 tbsp
- Heavy Cream 2 cups
- Parmesan 0.667 cup
- Freshly Grated Parmesan 0.5 cups

Meat & Seafood

- Ground pork 8 oz
- Chicken Thighs 4 each
- Chicken thighs boneless and skinless 1.5 pounds

Alcohol

- Shaoxing Wine 1 tbsp

Shop ingredients on [amazonfresh](#)

Shop ingredients on [instacart](#)