HIRO'S OKINAWAN KITCHEN

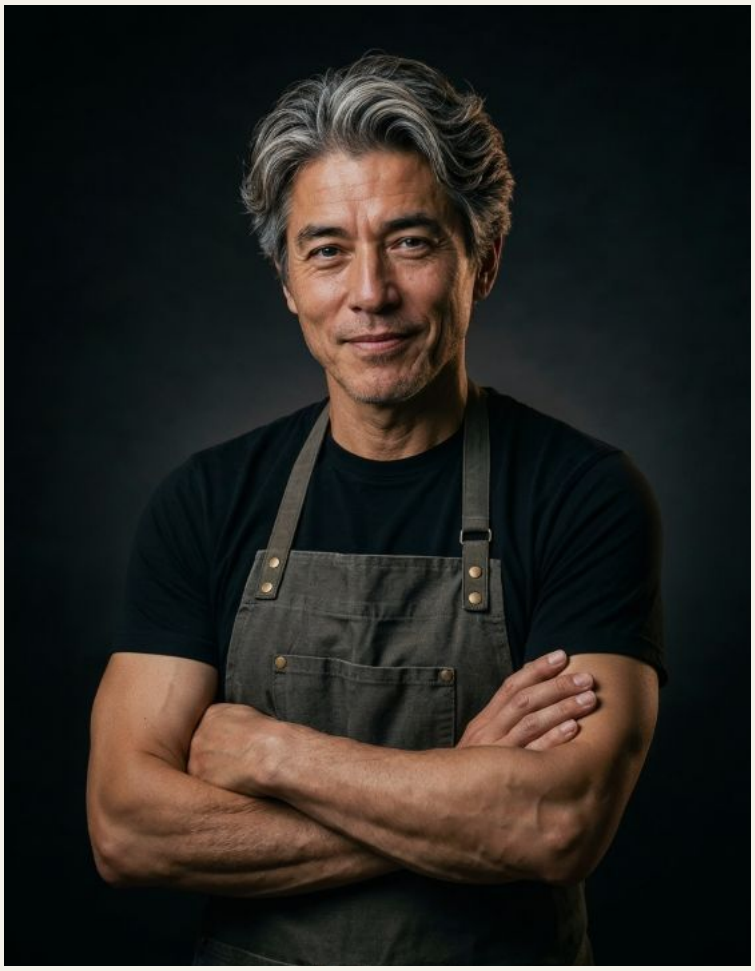
# 35 Day Meal Plan

*Every breakfast, lunch, snack and dinner — planned for you, day by day.*

A COMPANION TO THE RECIPE BOOK · BY HIRO KINJO

Welcome

# No more “what’s for dinner?”



Fifty years in kitchens taught me one thing: the cook who plans ahead is the calm cook. The rest of us stand in front of the fridge at seven o’clock, hungry and out of ideas.

So I planned it for you. Thirty-five days — breakfast, lunch, a snack and dinner — all from the recipes in my book. Follow it day by day, or use it as a template and shuffle it to fit your week and your taste.

No guesswork, no daily decisions. Just open the page, cook, and sit down to eat.

*— Hiro*

## WHY A PLAN HELPS

### Fewer decisions

You decide once, on Sunday — not three times a day when you’re tired.

### One shopping trip

Know the whole week in advance and buy only what you need.

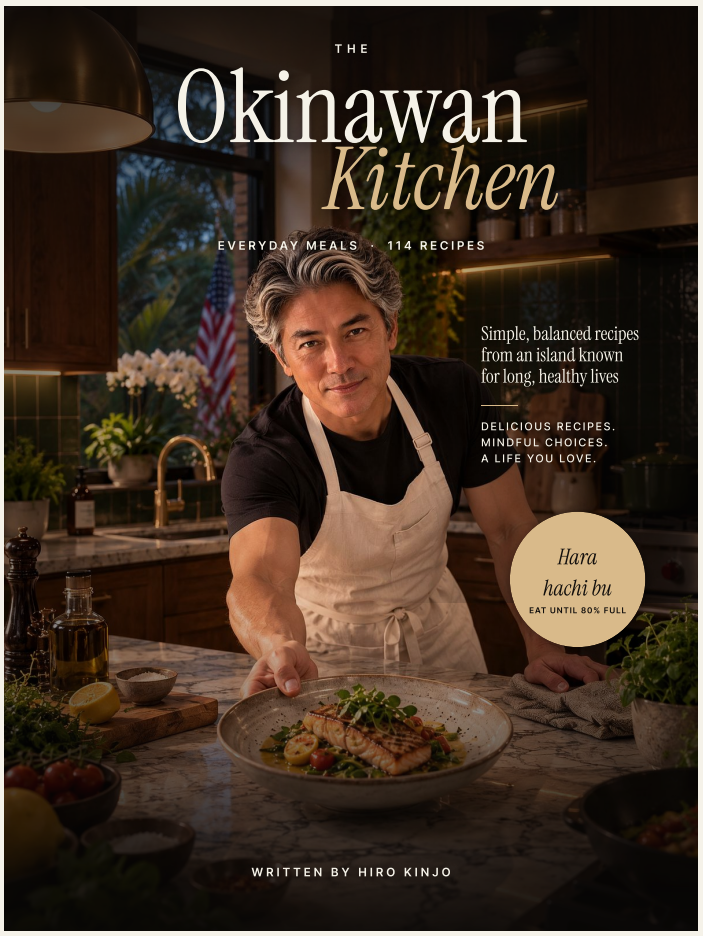
### A steady rhythm

Regular, balanced meals make it easier to stick with good habits.

## Where are the recipes?

# Every dish in this plan comes from my books

This plan tells you what to cook each day. The recipes — ingredients, steps, calories and macros — are in my collection. Next to each dish you'll see the book and page: "Meals" for Everyday Meals, "Sweets" for Sweet & Chilled.




### Everyday Meals

114 recipes — breakfasts, lunches, dinners + 14 bonus snacks

### Sweet & Chilled

33 desserts, smoothies and ice creams

### Sauce Atlas

25 light sauces from my kitchen and around the world

### Every calorie counted

Calories, protein, fat and carbs on every page

### Shop & Track

Weekly shopping lists and a 35-day tracker for this plan

Get the collection →

COOKWITHHIRO.COM

HIRO'S TIP

Already have the books? Keep this plan next to them — together they're your whole month, sorted.

## How to use the plan

# Five weeks, four meals a day

1

### Find today

Each week has its own page and color. Find the day — breakfast, lunch, snack and dinner are all there.

2

### Turn to the page

Every dish shows its page number in the recipe book, e.g. “p. 46”. Ingredients, steps and nutrition are all there.

3

### Shop once a week

On the weekend, look over next week’s page and make one shopping list from the recipes.

4

### Make it yours

Swap a day, repeat a favorite, or use the swap list in the book. It’s a guide, not a rulebook.

- **THE FIVE WEEKS**

WEEK 1 · WEEK 2 · WEEK 3 · WEEK 4 · WEEK 5

**GOOD TO KNOW**

Portions are for one person. Some snacks, desserts and ice creams make several servings — eat one and save the rest. Need more or fewer calories? Check “Your calories” at the front of the book, and talk to your doctor before a big change in how you eat.

DAYS 1–7

# Week 1

*Ease in.*
*Find your rhythm.*

| DAY | BREAKFAST | LUNCH | SNACK | DINNER |
|---|---|---|---|---|
| 01 | Cocoa Crepes with Greek Yogurt & Cherries<br>MEALS · P. 15 | Green Buckwheat with Avocado & Parmesan<br>MEALS · P. 46 | Mango Chia Yogurt Pudding<br>MEALS · P. 113 | Turkey & Sweet Pear Salad<br>MEALS · P. 77 |
| 02 | High-Protein Pancakes<br>MEALS · P. 16 | Creamy Seafood Rice<br>MEALS · P. 47 | Honey Yogurt Parfait with Persimmon<br>MEALS · P. 118 | Salmon over Vegetables with Sesame Sauce<br>MEALS · P. 78 |
| 03 | Cottage Cheese Fritters with Almonds & Berries<br>MEALS · P. 17 | Creamy Polenta with Bacon & Egg<br>MEALS · P. 48 | Oat & Fruit Bars<br>MEALS · P. 119 | Iron Man Beet & Buckwheat Salad<br>MEALS · P. 79 |
| 04 | Baked Avocado Eggs<br>MEALS · P. 18 | Salmon Poke Bowl<br>MEALS · P. 69 | Rice Cake Bites with Salmon & Egg<br>MEALS · P. 114 | Veal, Broccoli & Grape Salad<br>MEALS · P. 80 |
| 05 | Greek Yogurt Bowl with Blueberries & Walnuts<br>MEALS · P. 19 | Shrimp Pasta with Avocado Sauce<br>MEALS · P. 51 | Nut Butter Energy Bites<br>MEALS · P. 120 | Chicken Steak with Crunchy Slaw<br>MEALS · P. 81 |
| 06 | Quick Microwave Protein Cheesecake<br>MEALS · P. 20 | Lighter Chicken Carbonara<br>MEALS · P. 53 | Egg & Cucumber Salad with Sour Cream<br>MEALS · P. 121 | Creamy Chicken & Vegetable Stew<br>MEALS · P. 82 |
| 07 | Ham & Cheese Sandwich<br>MEALS · P. 21 | Chinese-Style Stir-Fry Noodles<br>MEALS · P. 54 | Turkey & Mushroom Protein Salad<br>MEALS · P. 122 | Veal & Potato Stew with Basil and Mint<br>MEALS · P. 83 |

Snacks marked as multi-serving (bars, energy bites) — make the batch, eat one serving a day and keep the rest for later.

DAYS 8–14

# Week 2

*Bowls, soups & a little sweet.*

| DAY | BREAKFAST | LUNCH | SNACK | DINNER |
|---|---|---|---|---|
| 08 | Tuna & Avocado Sandwich<br>MEALS · P. 22 | Soba Ramen with Veal & Mushrooms<br>MEALS · P. 57 | Turkey & Cheese Quesadilla<br>MEALS · P. 123 | Veal Steak with Avocado-Spinach Sauce on Buckwheat<br>MEALS · P. 84 |
| 09 | Salmon & Herb Cream Cheese Sandwich<br>MEALS · P. 23 | Thai Red Noodle Soup<br>MEALS · P. 59 | Carrot Sticks with Hummus<br>MEALS · P. 124 | Mussels & Pumpkin in Creamy Tomato Sauce<br>MEALS · P. 87 |
| 10 | Quick Egg Muffins<br>MEALS · P. 24 | Green Pea Soup with Turkey<br>MEALS · P. 60 | Caprese Skewers<br>MEALS · P. 125 | Warm Fish & Mushroom Salad<br>MEALS · P. 88 |
| 11 | Breakfast Shakshuka<br>MEALS · P. 43 | Chicken & Mushroom Potato Bowl<br>MEALS · P. 62 | Avocado, Tomato & Olive Crispbread<br>MEALS · P. 126 | Veal Stew with Prunes, Beans & Mushrooms<br>MEALS · P. 89 |
| 12 | Salmon & Avocado Toast<br>MEALS · P. 26 | Sweet & Sour Veal Stew<br>MEALS · P. 64 | Banana Oat Cookies<br>SWEETS · P. 5 | Chicken Livers with Creamy Pea Purée<br>MEALS · P. 90 |
| 13 | Tiramisu Overnight Oats<br>MEALS · P. 27 | Baked Sweet Potato with Shrimp & Cream Cheese<br>MEALS · P. 65 | Coconut Yogurt Panna Cotta<br>SWEETS · P. 6 | Thai-Style Tofu & Vegetable Stir-Fry<br>MEALS · P. 93 |
| 14 | Salmon Caesar Wrap<br>MEALS · P. 29 | Sweet Potato & Bean Bowl with Fish<br>MEALS · P. 66 | Dark Chocolate Nut Clusters<br>SWEETS · P. 7 | Quick Cauliflower & Chicken Lasagna<br>MEALS · P. 95 |

“Meals” = Everyday Meals, “Sweets” = Sweet & Chilled. No Sweet & Chilled? Swap any treat for a snack from Everyday Meals.

DAYS 15–21

# Week 3

*Halfway there.*
*Keep it simple.*

| DAY | BREAKFAST | LUNCH | SNACK | DINNER |
|---|---|---|---|---|
| 15 | Veal Wrap<br>MEALS · P. 30 | Eggs in Tomato & Onion Sauce<br>MEALS · P. 25 | Dried Fruit & Nut Truffles<br>SWEETS · P. 8 | Feta-Topped White Fish with Honey-Mustard Sauce<br>MEALS · P. 96 |
| 16 | Cherry Berry Oatmeal<br>MEALS · P. 31 | Chicken Curry with Cool Cucumber Salad<br>MEALS · P. 68 | Chocolate Mug Cake<br>SWEETS · P. 9 | Tofu, Beet & Mushroom Salad<br>MEALS · P. 97 |
| 17 | Couscous Breakfast Plate<br>MEALS · P. 32 | Salmon Poke Bowl<br>MEALS · P. 69 | Chocolate Avocado Pudding<br>SWEETS · P. 10 | Teriyaki Chicken with Peanuts<br>MEALS · P. 98 |
| 18 | Light Egg Salad<br>MEALS · P. 34 | Buckwheat & Beet Bowl with Fish<br>MEALS · P. 70 | Healthy Coconut Chocolate Bars<br>SWEETS · P. 11 | Oh Baby! Salmon & Baby Carrot Bake<br>MEALS · P. 99 |
| 19 | Tropical Rice Bowl<br>MEALS · P. 35 | Creamy Fish Curry with Rice<br>MEALS · P. 72 | Flourless Banana Berry Muffins<br>SWEETS · P. 12 | Braised Cabbage with Ground Veal<br>MEALS · P. 100 |
| 20 | Salmon & Egg Bruschetta<br>MEALS · P. 36 | Salmon Kimbap Rolls<br>MEALS · P. 73 | Banana Chocolate Hazelnut Mousse<br>SWEETS · P. 13 | Veal & Broccoli Stir-Fry<br>MEALS · P. 101 |
| 21 | Shrimp & Avocado Tartare<br>MEALS · P. 37 | Orange-Ginger Teriyaki Turkey<br>MEALS · P. 74 | Cherry Oat Bran Brownies<br>SWEETS · P. 14 | Veal & Broccoli with Nut Sauce<br>MEALS · P. 102 |

Treats take the snack slot this week — they're in Sweet & Chilled. No copy? Swap in any snack from Everyday Meals.

DAYS 22–28

# Week 4

*Ice-cream week — you've earned it.*

| DAY | BREAKFAST | LUNCH | SNACK | DINNER |
|---|---|---|---|---|
| 22 | Salmon & Tofu Couscous Bowl<br>MEALS · P. 38 | Shrimp, Lentil & Avocado Bowl<br>MEALS · P. 75 | Piña Colada Ice Cream<br>SWEETS · P. 31 | Vietnamese-Style Veal with Vegetables<br>MEALS · P. 103 |
| 23 | Buckwheat Bowl with Feta & Walnuts<br>MEALS · P. 39 | Green Buckwheat with Avocado & Parmesan<br>MEALS · P. 46 | Cherry Berry Chili Ice Cream<br>SWEETS · P. 32 | Veal Patties with Asparagus<br>MEALS · P. 104 |
| 24 | Sweet Mango Rice Bowl<br>MEALS · P. 40 | Creamy Seafood Rice<br>MEALS · P. 47 | Kiwi Avocado Green Ice Cream<br>SWEETS · P. 33 | Creamy Pumpkin Soup with Ginger<br>MEALS · P. 107 |
| 25 | Egg & Veggie Spring Rolls<br>MEALS · P. 41 | Creamy Polenta with Bacon & Egg<br>MEALS · P. 48 | Peanut Butter Banana Crunch<br>SWEETS · P. 34 | Hearty Beef & Vegetable Soup<br>MEALS · P. 108 |
| 26 | Blueberry Chia Oat Pudding<br>MEALS · P. 42 | Chicken Quinoa Salad Bowl<br>MEALS · P. 49 | Peaches & Cream Ice Cream<br>SWEETS · P. 35 | Balanced Chicken Borscht<br>MEALS · P. 109 |
| 27 | Cocoa Crepes with Greek Yogurt & Cherries<br>MEALS · P. 15 | Shrimp Pasta with Avocado Sauce<br>MEALS · P. 51 | Mango Pear Cheesecake Ice Cream<br>SWEETS · P. 36 | Green Pea Soup with Veal<br>MEALS · P. 110 |
| 28 | High-Protein Pancakes<br>MEALS · P. 16 | Lighter Chicken Carbonara<br>MEALS · P. 53 | Melon Pear Cheesecake Ice Cream<br>SWEETS · P. 37 | Creamy Broccoli Soup with Chicken & Bacon<br>MEALS · P. 111 |

Ice-cream week: recipes are in Sweet & Chilled, and each makes several servings — eat one, freeze the rest. No copy? Pick any snack from Everyday Meals.

DAYS 29–35

# Week 5

*The home stretch.*
*Smoothie mornings.*

| DAY | BREAKFAST | LUNCH | SNACK | DINNER |
|---|---|---|---|---|
| 29 | Tiramisu Overnight Oats<br>MEALS · P. 27 | Wild Forest Buckwheat with Mushrooms<br>MEALS · P. 45 | Quince & Cocoa Pudding<br>MEALS · P. 117 | Chicken with Blue Cheese Cream Sauce, Pear & Quinoa<br>MEALS · P. 85 |
| 30 | Green Tropical Smoothie<br>SWEETS · P. 28 | Curry Lentil Bowl with Fish<br>MEALS · P. 56 | Turkey & Cheese Quesadilla<br>MEALS · P. 123 | Chicken & Asparagus on Quinoa<br>MEALS · P. 71 |
| 31 | Raspberry Mango Smoothie<br>MEALS · P. 33 | Teriyaki Veal over Pumpkin & Carrot Mash<br>MEALS · P. 67 | Banana Oat Cookies<br>SWEETS · P. 5 | Beet & Tuna with Soy, Wasabi and Walnuts<br>MEALS · P. 106 |
| 32 | Salmon & Egg Bruschetta<br>MEALS · P. 36 | Creamy Lentil & Roasted Tomato Soup<br>MEALS · P. 58 | Caprese Skewers<br>MEALS · P. 125 | Thai-Style Tofu & Vegetable Stir-Fry<br>MEALS · P. 93 |
| 33 | Salmon & Tofu Couscous Bowl<br>MEALS · P. 38 | Creamy Fish Curry with Rice<br>MEALS · P. 72 | Banana Chocolate Hazelnut Mousse<br>SWEETS · P. 13 | Potato, Chicken & Mozzarella Skillet<br>MEALS · P. 63 |
| 34 | Layered Watermelon Kiwi Smoothie<br>SWEETS · P. 23 | Salmon Kimbap Rolls<br>MEALS · P. 73 | Dried Fruit & Nut Truffles<br>SWEETS · P. 8 | Beef Steak with Spinach & Roasted Vegetable Sauce<br>MEALS · P. 86 |
| 35 | Bellini-Style Peach Smoothie<br>SWEETS · P. 26 | Chicken Curry with Cool Cucumber Salad<br>MEALS · P. 68 | Healthy Coconut Chocolate Bars<br>SWEETS · P. 11 | Emerald Beet & White Bean Salad<br>MEALS · P. 94 |

Smoothie mornings are in Sweet & Chilled. If you need more at breakfast, add a boiled egg or a slice of whole-grain toast.

DAY 35

# Plan the week. Shop once. Cook calmly.

Thirty-five days is long enough to turn a plan into a habit. Keep going: start again from Week 1, repeat the weeks you liked best, or build your own week from your favorite pages in the book.




*“Hara hachi bu — eat until you’re eight parts full.” — Obaa*

Want all the recipes? Get the collection → COOKWITHHIRO.COM

LIKED THE PLAN?

# Get the whole collection

*The three books behind these 35 days — 172 recipes in all.*




| 3 | 172 | 25 | 33 |
|---|---|---|---|
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