

Brain Balance GPA Boost Plate

Weekly Healthy Japanese-Style Menu

Monday

Main: Grilled Shio-Koji Marinated Trout
Sides: Carrot Râpée / Hijiki Seaweed Salad / Simmered Kabocha Squash
Nutrition: High-quality protein, omega-3 fatty acids, minerals. Supports immunity and gentle digestion.
Japanese Ingredients: Shio-Koji (fermented rice seasoning), Hijiki (calcium- and iron-rich seaweed)

Tuesday

Main: Grilled Chicken Breast
Sides: Sesame Broccoli / Tomato & Onion Pickles / Kinpira Wood Ear Mushrooms
Nutrition: High-protein, low-fat. Supports heart health and gut balance.
Japanese Ingredients: Kinpira (light stir-fry style), Wood ear mushrooms (fiber-rich)

Wednesday

Main: Japanese-Style Chicken with Ginger Rice
Sides: Kinpira Carrot & Konjac / Shio-Koji Marinated Egg / Cabbage & Shiso Salad
Nutrition: Well-balanced energy with minimal oil. Supports metabolism.
Japanese Ingredients: Konjac (low-calorie, high fiber), Shiso (aromatic herb)

Thursday

Main: Herb-Grilled Mackerel
Sides: Okra & Wakame Salad / Dried Daikon Salad / Soybean Tomato Stew
Nutrition: Rich in omega-3, supports brain and cardiovascular health.
Japanese Ingredients: Mackerel (healthy oils), Dried daikon (nutrient-dense)

Friday

Main: Baked Tofu & Minced Meat with Cheese
Sides: Spinach & Carrot Namul / Broccoli & Egg Salad / Chikuwa Fritters
Nutrition: Balanced plant and animal protein. Supports bone and muscle health.
Japanese Ingredients: Tofu (protein & calcium), Chikuwa (fish cake)

■ Side dishes may vary depending on ingredient availability.