

LUNCH BOX RECIPE ①

To-dak To-dak Lunchbox

for a Weary Body and Mind



Ingredients

Turmeric Chia Seed Rice

90g of short-grain rice, 2g of turmeric powder, 3g of chia seeds

Tomato & Spinach Braised Chicken

25g of boneless chicken thigh, 30g of chicken tenderloin, 35g of tomatoes, 15g of cherry tomatoes, 5g of spinach, 10g of onions, 7g of potatoes, 5g of spaghetti (dry), 5g of Korean chili paste, 3g of Korean chili powder, 3g of minced garlic, 4g of soy sauce, 4g of allulose, 45ml of water

TIP You can replace spinach with other green vegetables such as chamnamul or broccoli.

Shrimp Cobb Salad with Yogurt Onion Dressing

17g of shrimps, 13g of eggs, 8g of cabbage, 8g of lotus roots, 10g of broccoli, 6g of bell peppers, 6g of cucumbers, 10g of onions, 2g of cranberries, 6g of corn (super sweet variety), 3g of black olives, 9g of Greek yogurt, 9g of mayonnaise, 3g of whole-grain mustard, 6g of allulose, 3g of vinegar, 2g of black pepper

40g of Lotus Root Pickle

Store-bought product



How To Cook

【 Turmeric Chia Seed Rice (220g) 】

- 1 Rinse the short-grain rice thoroughly and adjust the water level.
- 2 Mix turmeric powder and chia seeds, then cook the rice.

【 Braised Chicken with Tomato & Spinach (100g) 】

- 1 Pat dry the chicken thigh and tenderloin with a paper towel, blanch in boiling water, then cut into bite-sized pieces.
- 2 Score the tomato skin, blanch in hot water, peel, and dice. Cut cherry tomatoes in half while maintaining their shape.
- 3 Peel and dice the onions and potatoes. Remove the spinach stems, wash thoroughly, and cut into bite-sized pieces.
- 4 In a bowl, mix the prepared chicken, onions, and potatoes with Korean chili paste, Korean chili powder, minced garlic, soy sauce, and allulose.
- 5 Heat a pan over medium-low heat, add the mixture from step ④, and stir-fry lightly. Pour water and simmer until the vegetables are tender. Remove from heat, add spinach, and let it cook with residual heat.
- 6 Serve with boiled spaghetti on the side.

【 Shrimp Cobb Salad with Yogurt Onion Dressing (100g) 】

- 1 Cut cabbage, lotus roots, broccoli, bell peppers, and cucumbers into bite-sized pieces. Finely chop the onions.
- 2 Blanch the prepared broccoli and lotus roots in boiling water. Lightly blanch the shrimps and boil the eggs until fully cooked.
- 3 In a bowl, mix chopped onions, Greek yogurt, mayonnaise, whole-grain mustard, allulose, vinegar, and black pepper to make the dressing.
- 4 Put the salad on a plate, topping it with cranberries, corn (super sweet variety), and black olives. Serve with the dressing on the side.

Tips for Reducing Sodium and Sugar

- Use flavorful turmeric to enhance color and taste.
- Use potassium-rich ingredients like tomatoes, spinach, chicken, shrimps, cabbage, broccoli, lotus roots, and Greek yogurt to help remove sodium.
- Use the natural sweetness of onions instead of sugar.

LUNCH BOX RECIPE ②

Aromatic Lunchbox

with Middle Eastern Spices
and Herbs



Ingredients

Sesame Eggplant Roll Rice

150g of brown rice, 140g of eggplants, 50g of cherry tomatoes, 50g of bell peppers, 50g of onions, 15g of tomato paste, 5g of cumin powder, 12ml of olive oil, 22g of yogurt, 3g of minced garlic, 10g of sesame seeds

Black Bean Falafel with Korean Mints Leaves Dipping Sauce

12g of black beans, 12g of soybeans, 26g of chickpeas, 16g of onions, 18g of perilla leaves, 20g of soft tofu, 8g of Korean mints, 12g of cumin powder, 6g of black pepper, 12g of Korean chili powder, 10ml of lemon juice

Oriental Melon and Chive Salad

30g of chives, 30g of water parsley, 100g of oriental melons, 9g of shredded cheese, 4ml of olive oil, 3ml of lemon juice

55g of Pickled Jalapeños

Store-bought product



How To Cook

【 Sesame Eggplant Roll Rice (350g) 】

- 1 Thinly slice the eggplants into 0.3cm pieces. Finely chop the cherry tomatoes, bell peppers, and onions.
- 2 Bake the prepared eggplants in an oven at 180°C for 10 minutes.
TIP You can also pan-fry the eggplants until golden brown.
- 3 Heat 6g of olive oil in a pan, sauté the onions, then add the brown rice, cherry tomatoes, and bell peppers. Stir-fry well.
- 4 Once the vegetables are cooked, reduce to low heat. Add tomato paste and cumin powder, and mix to make fried rice.
- 5 Blend sesame seeds and 6g of olive oil in a blender, then mix yogurt and minced garlic to make sesame sauce.
- 6 Place the fried rice on the baked eggplant slices, roll them up, and top with sesame sauce.

【 Black Bean Falafel with Korean Mints Dipping Sauce (120g) 】

- 1 Boil the black beans, soybeans, and chickpeas, then drain thoroughly.

- 2 Blend the boiled black beans, soybeans, chickpeas, perilla leaves, and onions in a blender until smooth. Put them in a bowl, add cumin powder, black pepper, and Korean chili powder, then shape into 5cm round falafel balls.
- 3 Heat oil in a preheated pan. Fry the falafel balls, rolling them occasionally, until golden brown (about 10 minutes).
- 4 Blend soft tofu, Korean mints, and lemon juice in a blender until smooth to make the dipping sauce. Let the falafel balls cool, then serve with the dipping sauce.

【 Oriental Melon and Chive Salad (170g) 】

- 1 Cut the chives and water parsley into 5cm lengths. Peel the oriental melons, cut it in half, remove the seeds, and chop the flesh into bite-sized pieces.
- 2 Strain the oriental melon seeds through a sieve to extract the juice.
- 3 In a bowl, mix the extracted oriental melon juice with olive oil and lemon juice to make a dressing.
- 4 Arrange the prepared chives, water parsley, and oriental melons on a plate, then mix with the dressing.
- 5 Top with shredded cheese.

Tips for Reducing Sodium and Sugar

- Use tomato paste instead of ketchup to reduce sodium and sugar.
- Create a sesame and tofu-based sauce for lower sodium and sugar contents while enhancing nuttiness.
- Use cumin powder, perilla leaves, and Korean mints to naturally reduce sodium and sugar.
- Use oriental melon juice instead of sugar for natural sweetness.

LUNCH BOX RECIPE ③

Low-Sodium & Low-Sugar Healthy Lunchbox



Ingredients

Rice with Thistle and Whole Sesame

60g of white rice, 30g of oats, 6g of dried thistle, 12g of shiitake mushrooms, 5g of whole sesame seeds, 3ml of perilla oil, 3ml of sesame oil

Salmon Wrap

65g of salmon, 7g of lettuce, 5g of perilla leaves, 8g of onions, 3g of rice paper, 8g of lemons, 1g of black pepper, 3ml of grapeseed oil

Root Vegetable Salad with Plum Dressing

30g of lotus roots, 15g of beets, 30g of sweet potatoes, 18g of carrots, 20g of plums, 10g of peaches, 5ml of lemon juice, 10g of apples, 7g of onions, 5g of sugar, 3ml of vinegar, 3ml of olive oil

Yeolmu Tot Kimchi

30g of yeolmu (young summer radish), 10g of tot, 3g of garlic, 1g of ginger, 5ml of fish soy sauce, 2g of Korean chili powder, 2g of whole sesame seeds



How To Cook

【 Rice with Thistle and Whole Sesame (300g) 】

- 1 In a bowl, put white rice, oats, and water, and let them soak.
- 2 Soak the dried thistle in water, then lightly stir-fry it in perilla oil, and chop into small pieces.
- 3 Julienne the shiitake mushrooms and stir-fry them in a dry pan; then toss with sesame oil.
- 4 Lightly roast the whole sesame seeds in a pan, then rinse them thoroughly and drain.
- 5 Cook the soaked white rice and oats with the stir-fried thistle and whole sesame seeds.
- 6 Serve the rice with thistle in a bowl and top with the prepared shiitake mushrooms.

【 Salmon Wrap (100g) 】

- 1 Remove the skin from the salmon, wash it thoroughly, and drain.
- 2 In a preheated pan, add grapeseed oil, sprinkle black pepper on the salmon, and grill both sides.
- 3 Julienne the onions and soak it in cold water. Wash the lettuce and perilla leaves thoroughly, and julienne only the lemon peel.
- 4 Soak the rice paper in water.
- 5 Place the lettuce, perilla leaves, grilled salmon, julienned onions, and julienned lemons on the rice paper, then wrap it up.
- 6 Cut into bite-sized pieces and serve.

【 Root Vegetable Salad with Plum Dressing (150g) 】

- 1 Remove the seeds from the plums, finely chop them, and marinate with sugar to ferment.
- 2 Finely chop the peach, apple, and onion.
- 3 In a bowl, put them with lemon juice, vinegar, and olive oil to make the plum dressing.
- 4 Cut the lotus roots, beets, sweet potatoes, and carrots into bite-sized pieces.
- 5 Roast the prepared lotus roots, beets, sweet potatoes, and carrots in an oven preheated to 200°C for 10 minutes.
- 6 Serve on a plate with the plum dressing.

TIP You can also cook the prepared vegetables using a microwave.



How To Cook

【 Yeolmu Tot Kimchi (50g) 】

- 1** Rinse the tot seaweed thoroughly in clean water several times, then briefly blanch in boiling water and drain.
- 2** Cut the yeolmu into 3cm pieces.
- 3** Briefly blanch the prepared yeolmu in boiling water and drain.
- 4** Finely mince the garlic and ginger.
- 5** In a bowl, combine the prepared yeolmu, tot seaweed, garlic, and ginger; season with Korean chili powder and fish soy sauce, then mix well.
- 6** Put them on a plate and sprinkle with whole sesame seeds.

Tips for Reducing Sodium and Sugar

- Use flavorful perilla oil and sesame oil to reduce sodium and sugar contents.
- Use savory shiitake mushrooms instead of bibim sauce to enhance flavor.
- Use aromatic ingredients such as perilla leaves, onions, and lemons to reduce sodium and sugar.
- Use black pepper instead of salt when grilling the salmon to lower sodium.
- Make the homemade dressing to reduce sugar.
- Use yeolmu unsalted to reduce sodium content.
- Enhance umami with fish soy sauce to reduce overall sodium usage.

LUNCH BOX RECIPE ④

Royal Court Cuisine for the King

Reborn as a Lunchbox



Ingredients

200g of Black Rice

Store-bought product

Braised Pork with Tofu, Walnuts, and Jujube

55g of pork, 20g of tofu, 10g of walnuts, 5g of jujube, 20g of whole garlic, 30g of onions, 4g of ginger, 45g of green onions, 2g of black pepper, 5ml of soy sauce, 8ml of pear juice, 3g of corn syrup, 3ml of ginger juice, 2g of minced garlic, 1ml of sesame oil, 10ml of cooking oil

Japchae with Vegetables and Beef

55g of zucchini, 20g of minced beef, 15g of shiitake mushrooms, 30g of oyster mushrooms, 5g of red chili, 1g of salt, 12g of glutinous rice flour, 4ml of cooking oil, 50g of eggs, 2ml of soy sauce, 2ml of pear juice, 3g of minced scallion, 3g of minced garlic, 2ml of sesame oil, 2g of black pepper, 2g of sesame salt

Fresh Cabbage Kimchi

23g of Korean cabbage, 5g of scallions, 2g of whole sesame seeds, 15g of salad dressing

Fresh Kimchi Dressing (124g portion):
20g of steamed potatoes, 25g of Korean chili powder, 5ml of plum syrup, 10ml of sand lance fish sauce, 3ml of salted shrimp sauce, 20g of radishes, 30g of onions, 1g of ginger, 10g of garlic



How To Cook

【 Braised Pork with Tofu, Walnuts, and Jujube (67g) 】

- 1 In a pot, add pork, whole garlic, onions, ginger, green onions, black pepper, and water (100ml) and boil for 15 minutes. Cut the tofu into bite-sized pieces and drain off any excess water.
- 2 Soak the walnuts in warm water, then remove their shells, and for the jujube, wipe the surface with a damp cloth, peel it, and remove the seed.
- 3 In a preheated pan, add cooking oil and fry the tofu. Add the boiled pork to the pan and grill it until the outside becomes crispy. In a pot, add soy sauce, pear juice, corn syrup, ginger juice, minced garlic, sesame oil, water (20ml), and the grilled pork, then simmer. Once well braised, add the tofu, walnuts, and jujube, and continue to simmer. Slice the braised pork into bite-sized pieces, plate it, and serve with the tofu, walnuts, and jujube.

【 Japchae with Vegetables and Beef (100g) 】

- 1 Knead the glutinous rice flour with hot water, then shape it into round balls about 2.5cm in diameter. Cut the zucchini into half-moon shapes. Blanch the oyster mushrooms in boiling water, tear them into pieces, drain, and season with salt and sesame oil.
- 2 Soak the shiitake mushrooms in water, drain them, and then slice them thinly. Drain the blood from the beef and

marinate it with soy sauce, pear juice, minced scallions, minced garlic, sesame oil, black pepper, and sesame salt. Make a thin omelette from the eggs and slice it into strips; deseed and julienne the red chili.

- 3 In a preheated pan, add cooking oil and grill the glutinous rice pancake until cooked; let it cool, then add the zucchini, oyster mushrooms, red chili, shiitake mushrooms, and beef in that order, and stir-fry them. Transfer to a plate, mix well, and finish by topping with golden egg strips.

【 Fresh Cabbage Kimchi (33g) 】

- 1 Cut the Korean cabbage into bite-sized pieces and slice the scallions into 3cm lengths. Steam the potatoes. Cut the garlic, ginger, radishes, and onions into bite-sized pieces.
- 2 Place the following ingredients for the Fresh kimchi Dressing (steamed potatoes, Korean chili powder, plum syrup, sand lance fish sauce, salted shrimp sauce, radishes, onions, ginger, garlic) in a blender and process until smooth to make the dressing.
- 3 Mix the prepared Korean cabbage and scallions with 15g of the Fresh kimchi Dressing.
- 4 Put on a plate and sprinkle with whole sesame seeds.

Tips for Reducing Sodium and Sugar

- Use walnuts and tofu with a rich, nutty flavor to enhance the overall taste.
- Use jujube and pear juice to lower the sugar.
- Use potassium-rich zucchini and potato to help reduce sodium.
- Use the natural sweetness of onions instead of sugar.

LUNCH BOX RECIPE ⑤

Korean-Style Mediterranean Lunchbox Olive Lunchbox



Ingredients

Garlic Rice with Tomatoes

60g of brown rice, 30g of white rice, 30g of garlic, 60g of tomatoes, 24ml of olive oil, 1g of black pepper, 1g of parsley powder

Steamed Salmon Wrapped in Kale

65g of salmon, 30g of kale, 1g of rosemary, 25g of avocados, 30g of pineapples, 10ml of olive oil, 2g of black pepper, 100ml of water

Grilled Vegetables with Pumpkin Cheongyang Yogurt Dressing

70g of mini cabbage, 30g of mini bell peppers, 26ml of olive oil, 36g of low-fat yogurt, 20g of pumpkins, 1.5g of walnuts, 5g of Cheongyang chili peppers

White Kimchi (50g)

Store-bought product



How To Cook

【 Garlic Rice with Tomatoes (280g) 】

- 1 Soak the brown rice for 1 hour and the white rice for 30 minutes.
- 2 Slice half of the garlic and leave the rest whole.
- 3 In a pot, add the soaked rice and garlic with the appropriate amount of water. Bring to a boil over high heat, then reduce to medium-low and simmer for 15 minutes.
- 4 Lower the heat and let it steam to complete the garlic rice.
- 5 Score the tomatoes, blanch it in hot water, then peel, deseed, and finely chop.
- 6 Plate the garlic rice, top it with the prepared tomatoes, and drizzle with olive oil, black pepper, and parsley powder.

【 Steamed Salmon Wrapped in Kale (100g) 】

- 1 Season the salmon with black pepper.
- 2 Blanch the kale in boiling water for about 5 seconds.
- 3 Thinly slice the avocados, pineapples, and seasoned salmon.
- 4 Lay out the kale and place the prepared pineapples, salmon, avocados, and rosemary in order, then wrap it.

- 5 Steam for 8 minutes, then turn off the heat and let it stand.
- 6 Plate the roll, open the kale leaves slightly, and drizzle with olive oil and black pepper.

【 Grilled Vegetables with Pumpkin Cheongyang Yogurt Dressing (130g) 】

- 1 Wash the mini cabbage, bell peppers, pumpkins, and Cheongyang chili peppers thoroughly.
- 2 Cut the cabbage and bell peppers into bite-sized pieces, and finely chop the chili peppers and walnuts.
- 3 Heat a pan with olive oil, stir-fry the cabbage and bell peppers, then add a little water and cover to cook.
- 4 Steam the pumpkins and mash it.
- 5 In a bowl, mix the mashed pumpkins, low-fat yogurt, and chopped Cheongyang chili peppers to make the dressing.
- 6 Plate the grilled vegetables and mashed pumpkins, drizzle with dressing, and sprinkle with chopped walnuts.

Tips for Reducing Sodium and Sugar

- Using aromatic ingredients like garlic, black pepper, rosemary, and olive oil enhances flavor while reducing sodium.
- Using potassium-rich tomatoes helps release sodium.
- Making and using homemade dressings instead of store-bought ones reduces sugar intake.

LUNCH BOX RECIPE ⑥

Bite-Sized Food for Lunchbox

Finger Food Delights



Ingredients

Tricolor Rice Ball Skewers

150g of instant brown rice, 10g of cabbage, 10g of carrots, 10g of salmon, 5g of wasabi, 9g of stir-fried anchovies, 1g of perilla leaf, 3g of ssamjang (Korean seasoned soybean paste), 2g of walnuts.

Spicy Chicken & Tofu Hamburger Steak with Chamnamul

5g of chamnamul (Korean wild greens), 15g of pan-fried tofu, 40g of chicken breast, 2g of Cheongyang chili peppers, 12ml of olive oil, 10g of Korean red pepper paste, 2g of Korean chili powder, 5g of allulose, 1g of black pepper, 4g of minced garlic, 1g of sesame seeds, 1g of salt, 15ml of water

Sprout Tofu Tacos

20g of thin tofu sheets (3 pieces), 40g of sweet potatoes, 5g of allulose, 1g of microgreens, 10g of tomatoes, 10g of onions, 10g of cucumbers, 15ml of apple cider vinegar, 1g of salt, 13ml of cooking oil

White Kimchi (33g)

Store-bought product



How To Cook

【 Tricolor Rice Ball Skewers (200g) 】

- 1 Heat the instant brown rice in a microwave. Finely chop the carrots.
- 2 Lightly grill the salmon in a preheated pan, then mash it. Mix with the chopped carrots and one-third of the cooked rice, shape into a ball, and top with a small amount of wasabi.
- 3 Stir-fry anchovies in a preheated pan, then add soy sauce and allulose. Mix with one-third of the rice, shape into a ball, and wrap it in a steamed cabbage leaf.
- 4 Chop the walnuts and mix it with ssamjang to make a filling. Place the mixture inside the remaining one-third of the rice, shape into a ball, and wrap it with a blanched perilla leaf.
- 5 Skewer the rice balls and plate them.

【 Spicy Chicken & Tofu Hamburger Steak with Chamnamul (67g) 】

- 1 Finely chop the chicken breast, pan-fried tofu, chamnamul, and Cheongyang chili peppers.
- 2 Season with salt, divide into four portions, and shape into round hamburger patties.

- 3 Heat a pan, add olive oil, and cook the patties.
- 4 Mix Korean chili paste, Korean chili powder, allulose, black pepper, minced garlic, and water to make the sauce. Heat in a pan and simmer slightly.
- 5 Plate the hamburger steaks, pour the sauce over them, and sprinkle with sesame seeds.

【 Sprout Tofu Tacos (100g) 】

- 1 Cut the sweet potatoes into three pieces and steam for 20 minutes.
- 2 Mash the steamed sweet potatoes and mix with allulose to make a sweet potato mousse. Heat a pan with cooking oil and fry the tofu sheets.
- 3 Place the fried tofu sheets on a paper towel to remove excess oil.
- 4 Finely chop the tomatoes, onions, and cucumbers. Season with apple cider vinegar and salt. Place the fried tofu sheets on a plate, top them with the sweet potato mousse, chopped vegetables, and microgreens.

Tips for Reducing Sodium and Sugar

- Use wasabi and Cheongyang chili peppers to enhance flavor without excess seasoning.
- Use potassium-rich cabbage, tomatoes, and cucumbers to help release sodium.
- Reduce sodium by using walnuts to minimize the amount of ssamjang.
- Add vinegar to enhance freshness and balance the flavor.

LUNCH BOX RECIPE ⑦

All the Seasonal Nutrients are Here

A Wholesome Lunchbox



Ingredients

Turmeric Rice with Tomato and Chwinamul

30g of brown rice, 60g of short-grain rice, 20g of dried Chwinamul(aster leaves), 200g of tomatoes, 100ml of water, 1g of turmeric powder

Duck & Perilla Seed Mustard Salad

90g of duck meat, 10g of onions, 10g of carrots, 10g of cucumbers, 8g of perilla seed powder, 4g of mustard powder, 10ml of vinegar, 5ml of lemon juice, 15ml of water

Pickled Radish & Oriental Melon Vegetable Rolls

70g of radishes, 50g of oriental melons, 10g of green bell peppers, 10g of red bell peppers, 10g of yellow bell peppers, 1g of chives, 1g of salt, 100g of lemons, 180ml of water

Abalone Kimchi (50g)

Store-bought product



How To Cook

【 Turmeric Rice with Tomato and Chwinamul (300g) 】

- 1 Soak dried Chwinamul in water, blanch in boiling water, and drain.
- 2 In a pressure cooker, add brown rice, short-grain rice, soaked Chwinamul, turmeric powder, and water, then cook the rice.
- 3 Steam the tomatoes in a steamer after removing the stem.
- 4 Plate the rice.
- 5 Place the steamed tomatoes on top of the rice, peel it into a flower shape, and serve.

【 Duck & Perilla Seed Mustard Salad (100g) 】

- 1 Stir-fry duck meat in a heated pan over high heat.
- 2 Mix perilla seed powder, mustard powder, vinegar, lemon juice, and water to make the dressing.
- 3 Julienne onions, carrots, and cucumbers.
- 4 Let the stir-fried duck meat cool slightly.
- 5 In a bowl, put the duck meat, prepared vegetables, and dressing, then mix well.
- 6 Plate and serve.

【 Pickled Radish & Oriental melon Vegetable Rolls (150g) 】

- 1 Slice radishes into thin rounds and blanch the chives.
- 2 Cut the lemon in half and squeeze out the juice.
- 3 In an airtight container, put the radishes, lemon juice, and salt, let it sit at room temperature for 2-3 hours, then refrigerate.
- 4 Slice green bell peppers, red bell peppers, yellow bell peppers, and oriental melons into long strips.
- 5 Lay the pickled radishes flat, place the prepared vegetables on the top, and roll them up.
- 6 Tie with blanched chives to secure.

Tips for Reducing Sodium and Sugar

- Using potassium-rich tomatoes and oriental melons helps flush out sodium.
- Flavorful ingredients like Chwinamul and turmeric enhance taste without extra seasoning.
- Perilla seed powder, mustard powder, and vinegar add a tangy, spicy deep flavor to the dish.
- Lemon juice provides a refreshing touch to balance mild flavors.

LUNCH BOX RECIPE ⑧

A Five-Colored Lunchbox

Packed with Freshness and Health



Ingredients

Five-Color Rice Balls

75g of white rice, 75g of konjac rice, 50g of dried pollack, 2g of dried seaweed, 1g of bonito flakes, 50g of eggs, 100g of smoked salmon slices, 50g of avocados, 3g of erythritol, 2g of toasted sesame seeds, 4ml of plum extract, 1ml of soy sauce, 4ml of low-sodium pollock roe, 3g of chives, 6g of kelp, 5ml of sesame oil

Garlic Scape Beef Rolls with Spicy Tomato Salsa

30g of garlic scapes, 60g of beef, 60g of glutinous rice flour, 4g of minced garlic, 20ml of pineapple syrup, 5ml of soy sauce, 30g of minced green onions, 1g of black pepper, 1g of ground sesame seeds, 2ml of sesame oil, 13ml of cooking oil, 45g of cherry tomatoes, 25g of onions, 15ml of lemon juice, 9g of erythritol, 6g of chives, 40g of Cheongyang chili peppers, 1g of salt

Ingredients

Seaweed Salad Rolls & Spicy Glazed Mushroom Wraps

2g of dried seaweed (2 sheets), 60g of rice paper, 80g of iceberg lettuce, 20g of red cabbage, 5g of dried shiitake mushrooms, 10g of oyster mushrooms, 10g of beech mushrooms, 5g of green chili, 5g of red chili, 5g of green onions, 5g of garlic, 18g of mayonnaise, 6g of whole-grain mustard, 6ml of pineapple syrup, 3ml of soy sauce, 6ml of oyster sauce, 10g of oligosaccharide, 8ml of vinegar, 6ml of sesame oil, 20ml of cooking oil

Celery Kimchi (32g)

Store-bought product



How To Cook

【 Five-Color Rice Balls (200g) 】

- 1 Cook white rice, konjac rice, and kelp in a rice cooker. Grate dried pollock and mix it with plum extract, soy sauce, and sesame oil to make pollock flakes.
- 2 Toast dried seaweed in a preheated pan, grind it into powder, and mix with erythritol and sesame seeds to make a seasoning mix. Use the same method to make a seasoning mix with bonito flakes, erythritol, and sesame seeds.
- 3 Beat the eggs and make a thin egg crepe. Slice the avocado thinly while maintaining its shape, and finely chop the scallions.
- 4 Soak the low-sodium pollack roe in kelp and mushroom-infused water to reduce its saltiness. Mix the rice with pollock flakes and shape it into round rice balls.
- 5 Place smoked salmon slices, seaweed seasoning, bonito seasoning, egg crepe, and avocado slices on plastic wrap, then wrap them around the rice balls.
- 6 Garnish the avocado-wrapped rice balls with low-sodium pollack roe, scallions, and sesame seeds.

【 Garlic Scape Beef Rolls with Spicy Tomato Salsa (68g) 】

- 1 Thinly slice the beef, pound it flat, and season with soy sauce, pineapple syrup, black pepper, sesame salt, sesame oil, minced green onions, and minced garlic (2g).
- 2 Mix minced garlic (2g), olive oil, and salt in a bowl. Dice cherry tomatoes, onions, Cheongyang chili peppers, and scallions into 0.5cm pieces.
- 3 Mix everything in a bowl with lemon juice and stevia, then let it marinate in the refrigerator for 20 minutes to make salsa sauce.



How To Cook

- 4 Coat the marinated beef with glutinous rice flour, heat oil in a preheated pan, and cook it.
- 5 Toast garlic scapes in a dry pan to bring out their aroma. Place the garlic scapes on the cooked beef and roll them up.
- 6 Serve on a plate with the salsa sauce.
- 5 Coat cooking oil (10ml) in a preheated pan, stir-fry minced green chili, red chili, green onions, and garlic for aroma, then add oyster sauce, oligosaccharide, vinegar, and sesame oil (3ml) to make the Kanpoong sauce.
- 6 Serve the mushroom Kanpoong rolls and gamtae salad rolls on a plate with dressing and sauce.

[Seaweed Salad Rolls &

Spicy Glazed Mushroom Wraps (100g)]

- 1 Thinly slice lettuce and red cabbage, then soak them in cold water. Mix mayonnaise, whole-grain mustard, and pineapple syrup to make a salad dressing.
- 2 Blanch oyster mushrooms and beech mushrooms, soak dried shiitake mushrooms, drain excess moisture, dice them, and stir-fry in a preheated pan. Season the stir-fried mushrooms with soy sauce and sesame oil (3g).
- 3 Place the cooked mushrooms on the rice paper, roll them up, and cut them into bite-sized pieces. Heat oil (10g) in a preheated pan and cook the rolls.
- 4 Drain the lettuce and red cabbage, place them on the rice paper, roll them up, then wrap them again with laver (gamtae). Cut into bite-sized pieces.

Tips for Reducing Sodium and Sugar

- Using dried pollack for seasoning rice to reduce the amount of sodium.
- It uses umami-rich kelp, bonito, and mushrooms to increase the flavor and reduce the amount of sodium.
- Garlic species and Cheongyang red pepper were added to complement the bland taste with a spicy taste.
- Using potassium-rich tomatoes, ecklonia cava, to help reduce sodium.

LUNCH BOX RECIPE ⑨

A Nutritious and Energizing Lunchbox for Vitality



Ingredients

Turmeric Seafood Fried Rice

60g of white rice, 15g of mixed grains, 15g of beans, 15g of abalone, 15g of octopus, 15g of cocktail shrimps, 15g of onions, 15g of green onions, 10g of garlic, 30g of broccoli, 15g of turmeric powder, 30ml of olive oil, 3g of black pepper, 3ml of oyster sauce, 3g of parsley flakes

Orange-Flavored Stir-Fried Duck with Pickled Radish Wraps

150g of duck meat, 20g of garlic, 30g of green onions, 15g of onions, 50g of chives, 10g of Cheongyang chili peppers, 50g of cabbage, 50g of oyster mushrooms, 24ml of orange syrup, 30ml of low-sodium soy sauce, 15ml of cooking wine, 15ml of oyster sauce, 6g of Korean chili powder, 7ml of sesame oil, 5g of ground sesame seeds, 3g of black pepper, 20g of pickled radish wraps

Blueberry Yogurt Salad

50g of mangoes, 50g of bananas, 45g of cherry tomatoes, 20g of mixed nuts, 25g of blueberries, 20g of muesli, 100g of lettuce, 50g of sprouts, 100g of unsweetened yogurt, 18g of allulose, 7ml of lemon juice

50g of White Kimchi

Store-bought product



How To Cook

【 Turmeric Seafood Fried Rice (300g) 】

- 1 Cook a mixture of white rice, mixed grains, and beans in a rice cooker.
- 2 Finely chop the onions, green onions, garlic, and broccoli.
- 3 Blanch the octopus and abalone in boiling water.
- 4 Cut the blanched octopus and abalone into small pieces.
- 5 Heat a pan with olive oil and stir-fry garlic, green onions, cocktail shrimps, octopus, abalone, onions and broccoli in sequence.
- 6 Once the ingredients are cooked, add the rice, oyster sauce, turmeric powder, and black pepper, then stir-fry. Finish with a sprinkle of parsley flakes.

【 Orange-Flavored Stir-Fried Duck with Pickled Radish Wraps (100g) 】

- 1 Finely chop the garlic, green onions, and Cheongyang chili peppers.
- 2 Cut the cabbage, onions, chives, and oyster mushrooms into bite-sized pieces
- 3 Cut the duck meat into bite-sized pieces.
- 4 In a bowl, mix the duck meat with the chopped ingredients from step ①. Add black pepper, orange syrup, low-sodium soy sauce, cooking wine, oyster sauce, Korean chili powder, sesame oil, and ground sesame seeds. Mix well and marinate.

- 5 Heat a pan and stir-fry the marinated duck meat. Once partially cooked, add the cabbage, onions, and oyster mushrooms. Stir-fry together, then turn off the heat and add the chives.
- 6 Plate the dish and serve with pickled radish wraps.

【 Blueberry Yogurt Salad (150g) 】

- 1 Cut the mango, banana, cherry tomatoes, and lettuce into bite-sized pieces.
- 2 Rinse the sprouts under running water.
- 3 Finely chop the mixed nuts.
- 4 Mash the blueberries in a bowl.
- 5 Mix the mashed blueberries with unsweetened yogurt, allulose, and lemon juice to create the yogurt sauce.
- 6 Arrange the cut fruits and greens on a plate, drizzle with yogurt sauce, and top with chopped nuts and muesli.

Tips for Reducing Sodium and Sugar

- Potassium-rich ingredients like beans, broccoli, parsley flakes, cabbage, potatoes, onions, tomatoes, mangoes, and bananas help with sodium removal.
- Using turmeric powder enhances flavor and balances the dish without excess seasoning.

LUNCH BOX RECIPE ⑩

A Fresh and Unique Combination Fusion Lunchbox **Black Sesame Lunchbox**



Ingredients

200g of Steamed white rice

Store-bought product

Guacamole Grilled Hairtail

70g of hairtail (1 piece), 35g of avocados, 10g of tomatoes, 10g of onions, 10g of garlic, 10g of lemons, 10g of limes, 5g of basil, 12ml of olive oil, 1g of salt, 1g of black pepper

Black Sesame Perilla Sprout Salad

50g of perilla sprouts, 30g of toasted black sesame, 2g of red chili, 20g of garlic, 2ml of dark soy sauce, 30ml of anchovy broth, 5ml of vinegar, 5ml of sesame oil, 6g of salt, 150ml of water

Oriental melon Kimchi

60g of oriental melons, 8g of Korean chili powder, 5ml of sesame oil, 15ml of anchovy broth, 6g of allulose, 2g of toasted sesame seeds, 3g of minced garlic, 4g of red chili



How To Cook

【 Guacamole Grilled Hairtail (66g) 】

- 1 Cut the avocado in half, remove the seed, and mash the flesh. Cut the lemon in half and squeeze the juice. Slice the lime thinly.
- 2 Dice the tomatoes, onions, and garlic. Finely chop the basil.
- 3 In a bowl, mix the prepared avocados, tomatoes, onions, garlic, and basil. Add olive oil, lemon juice, salt, and black pepper to make guacamole.
- 4 Clean the hairtail, make shallow cuts on the surface, and grill in a preheated pan until golden brown.
- 5 Plate the grilled hairtail and serve with guacamole.
- 6 Garnish the plate with the prepared lime slices.

【 Black Sesame Perilla Sprout Salad (100g) 】

- 1 Finely chop the red chili and garlic.
- 2 Wash and trim the perilla sprouts.
- 3 Boil water with salt. Blanch the perilla sprouts for 15 seconds, then cool in ice water and drain.
- 4 Place the toasted black sesame in a plastic bag and crush with a rolling pin to make black sesame powder.

- 5 In a bowl, mix perilla sprouts with anchovy broth, dark soy sauce, and vinegar for seasoning.
- 6 Add the prepared red chili, minced garlic, sesame oil, and black sesame powder to ⑤, mix well, and serve.

【 Oriental melon Kimchi (33g) 】

- 1 Peel an oriental melons, slice it into thin 0.3mm pieces, soak in cold water, and drain.
- 2 Slice the red chili diagonally, remove the seeds, and soak in cold water.
- 3 Cut the chives into 3cm lengths.
- 4 Mix Korean chili powder, sesame oil, anchovy broth, allulose, toasted sesame seeds, and minced garlic to make the seasoning sauce.
- 5 In a bowl, combine the prepared oriental melons, red chili, and chives with the seasoning sauce and mix well.
- 6 Plate and serve.

Tips for Reducing Sodium and Sugar

- Instead of pre-seasoning the hairtail, pairing it with guacamole enhances the flavor naturally.
- Using aromatic ingredients like perilla sprouts and red chili enhances flavor while reducing sodium and sugar.
- Anchovy broth adds umami, reducing the excessive amount of salt.
- Instead of sugar, the natural sweetness of oriental melon is used.

LUNCH BOX RECIPE ⑪

Digest Girls' Special Lunchbox

A Nutritious Lunchbox



Ingredients

Spinach Nutrition Rice

80g of spinach, 40g of white rice, 25g of oats, 35g of shiitake mushrooms, 7ml of low-sodium soy sauce, 6ml of sesame oil

Curried Stir-Fried Pork

30g of pork shoulder, 5g of solid curry, 10g of cabbage, 10g of onions, 2g of Cheongyang chili peppers, 15g of whole garlic, 10ml of low-sodium soy sauce, 5ml of cooking wine, 100ml of water

Chive & Pear Salad

30g of chives, 10g of onions, 15g of pears, 8g of minced garlic, 8g of Korean chili powder, 6ml of anchovy fish sauce, 3ml of low-sodium soy sauce, 10ml of lemon juice, 4g of sesame seeds

28g of Kimchi

Store-bought product



How To Cook

【 Spinach Nutrition Rice (180g) 】

- 1 Soak white rice for 30 minutes and oats for 1 hour. Wash spinach thoroughly, remove shiitake mushroom stems, and slice them.
- 2 Mix low-sodium soy sauce and sesame oil to make the seasoning sauce.
- 3 Season the shiitake mushrooms and spinach separately with the sauce.
- 4 Add soaked short-grain rice and oats to the rice cooker with the proper amount of water, then place the shiitake mushrooms on the top. Cook over medium heat. Once boiling, continue for 3 minutes, then lower the heat and cover for 5 more minutes.
- 5 Add the prepared spinach, cover, and simmer for another 5 minutes before turning off the heat. Let it stand for 10 minutes, then lightly mix and serve.

【 Curried Stir-Fried Pork (60g) 】

- 1 Wrap the pork with a paper towel to remove excess blood. Cut cabbage and onions into bite-sized pieces, and finely chop the Cheongyang chili pepper. Wash whole garlic and mince half of it. Cut the pork into bite-sized pieces and stir-fry over medium heat for 5

minutes.

- 2 Once the pork is cooked, add whole garlic and stir-fry for another 5 minutes. Add low-sodium soy sauce, cooking wine, and minced garlic, then sauté lightly.
- 3 Add the prepared cabbage, onions, and water. Cover and simmer for 10 minutes, then add solid curry and mix well while cooking.
- 4 Serve on a plate and top with chopped Cheongyang chili pepper.

【 Chive & Pear Salad (90g) 】

- 1 Trim the chives and cut them into 5-6cm pieces. Remove the root and skin from the onions, then thinly slice it.
- 2 Peel the pear, cut it into eight pieces, remove the seeds, and slice thinly. Mix minced garlic, Korean chili powder, anchovy fish sauce, low-sodium soy sauce, lemon juice, and 2g of sesame seeds to make the dressing.
- 3 Remove excess moisture from the chives, onions, and pears. Place them in a bowl and toss with the dressing.
- 4 Serve on a plate and sprinkle with the remaining 2g of sesame seeds.

Tips for Reducing Sodium and Sugar

- Using potassium-rich spinach helps remove excess sodium.
- Shiitake mushrooms add umami flavor, reducing the need for extra seasoning.
- Using flavorful curry enhances taste while cutting down on sodium and sugar.
- The natural sweetness of onion and pear replaces sugar.
- Fragrant chives enhance flavor, making dishes less bland.

LUNCH BOX RECIPE ⑫

Regain Your Appetite with
a Colorful Lunchbox!

Sweet and Tangy Lunchbox



Ingredients

Curry Rice with Lotus Root and Jujube

30g of brown rice, 60g of white rice, 5g of curry powder, 30g of lotus roots, 20g of cabbage, 15g of dried jujube, 150ml of water

Beef Seaweed Rolls

100g of beef (flank steak), 6g of seaweed (3 sheets), 20g of frying powder, 45g of cooking oil, 10g of chopped scallions, 12g of minced garlic, 4g of low-sodium soy sauce, 12g of Korean chili powder, 20g of sesame seeds, 3g of black pepper, 15ml of water (for batter), 4ml of water (for sauce)

Lotus Root Pickles in Schisandra Syrup

50g of lotus roots, 100ml of schisandra syrup, 60ml of vinegar, 3g of sugar, 2g of salt, 5g of Cheongyang chili pepper, 50g of cabbage

50g of Kimchi

Store-bought product



How To Cook

【 Curry Rice with Lotus Root and Jujube (300g) 】

- 1 Soak brown rice and white rice in water for 30 minutes.
- 2 Cut the lotus roots into 0.7cm thick slices and quarter them.
- 3 Julienne the cabbage and dried jujube.
- 4 Put the soaked brown and white rice in a pot, add water, and mix in the curry powder.
- 5 Add the prepared lotus roots, cabbage, and dried jujube, and mix well.
- 6 Bring to a boil over medium heat, then reduce to low heat and let it steam to finish.

【 Beef Seaweed Rolls (100g) 】

- 1 Pat the beef dry with a paper towel to remove excess blood.
- 2 Mix chopped scallions, minced garlic, low-sodium soy sauce, Korean chili powder, 18g of sesame seeds, and 4ml of water to make the sauce.
- 3 Mix frying powder with 15ml of water to make the batter.
- 4 Season the beef with black pepper, chop it into bite-sized pieces, place it on a sheet of seaweed, and roll it up.

- 5 Coat the seaweed roll with batter, heat a pan with cooking oil, and cook the roll evenly on both sides.
- 6 Serve on a plate and garnish with the sauce and sesame seeds.

【 Lotus Root Pickles in Schisandra Syrup (150g) 】

- 1 Slice the lotus roots into 0.5cm thick pieces, cut the cabbage into 2cm squares, and diagonally slice the Cheongyang chili pepper.
- 2 Soak the prepared lotus roots in cold water for 5 minutes to remove starch.
- 3 Heat vinegar in a pot over low heat, then add salt and sugar to dissolve.
- 4 Add schisandra syrup and Cheongyang chili pepper to the mixture to make the pickling sauce.
- 5 Combine the lotus roots, cabbage, and pickling sauce in a bowl, cover with plastic wrap, and let it marinate for 10 minutes.
- 6 Mix well to evenly coat with the sauce, then serve on a plate.

Tips for Reducing Sodium and Sugar

- Use flavorful ingredients like curry, Korean chili powder, sesame seeds, scallions, and garlic to enhance taste while reducing sodium and sugar.
- Replace sugar with the natural sweetness of dried jujube to cut down on sugar content.
- Use rich and savory seaweed to complement the mild flavors.
- Enhance the taste with the spicy kick of Cheongyang chili pepper.