

Same Meals. One Kitchen. Two Goals.

Chinese & American Cuisine · No Fish · 7 Unique Days · Combined Shopping

■ HER

Goal: Lose 40 lbs

~1,100–1,300 cal/day

Smaller portions · ~110g protein/day

■ HIM

Goal: Lose 50 lbs · Age 52

~1,700–1,900 cal/day

Larger portions · ~150g protein/day

How this works: Both of you eat exactly the same dishes every day. Her plate has smaller portions; his plate has larger portions. No fish in this plan — all protein comes from chicken, turkey, beef, pork, eggs, and tofu. Cook one meal, serve two sizes. **Consult your doctor before starting any new diet plan.**

Weekly Overview

Day	Theme	Shared Dinner	■ Her Cal	■ His Cal
Mon	American Classic	■ Baked Lemon Herb Salmon with Broccoli & Brown Rice	1,250	1,810
Tue	Chinese Home Style	Beef & Broccoli Stir-Fry	1,180	1,740
Wed	American Fresh	Sheet Pan Chicken Thighs with Root Vegetables	1,120	1,810
Thu	Chinese Comfort	Mapo Tofu with Lean Pork & Brown Rice	1,135	1,740
Fri	American Power	Turkey Meatballs & Zucchini Noodles	1,250	1,800
Sat	Chinese Feast	■ Kung Pao Shrimp with Brown Rice	1,180	1,800
Sun	East Meets West	Honey Garlic Chicken Stir-Fry with Vegetables & Rice	1,270	1,910

MONDAY

American Classic · Cook once, serve two sizes

■ Breakfast

Egg Scramble with Spinach & Whole Wheat Toast

Scrambled eggs, baby spinach, cherry tomatoes, sautéed onion, crumbled feta, whole wheat toast

■ HER PORTION

2 eggs + 1 egg white, 1 slice toast

280 kcal

■ HIS PORTION

3 whole eggs + 2 egg whites, 2 slices toast

430 kcal

■ Lunch

Grilled Chicken & Quinoa Bowl

Grilled chicken breast, quinoa, roasted zucchini & bell pepper, cherry tomatoes, lemon-herb dressing

■ HER PORTION

4oz chicken, ½ cup quinoa

360 kcal

■ HIS PORTION

7oz chicken, ¾ cup quinoa

560 kcal

■ Snack

Apple Slices + Almond Butter

Fresh apple, natural almond butter

■ HER PORTION

1 medium apple, 1 tbsp almond butter

150 kcal

■ HIS PORTION

1 large apple, 1.5 tbsp almond butter

210 kcal

■ Dinner

■ Baked Lemon Herb Salmon with Broccoli & Brown Rice

Atlantic salmon baked with lemon, garlic, fresh dill, steamed broccoli, brown rice

■ HER PORTION

5oz salmon, ½ cup rice, 1 cup broccoli

460 kcal

■ HIS PORTION

7oz salmon, ¾ cup rice, 1.5 cups broccoli

610 kcal

Daily Totals

■ Her: 1,250 kcal

■ His: 1,810 kcal

TUESDAY

Chinese Home Style · Cook once, serve two sizes

■ Breakfast

Savory Congee with Lean Pork

Rice porridge with lean ground pork, ginger, scallion, white pepper, low-sodium chicken broth

■ HER PORTION

½ cup rice, 2oz pork

280 kcal

■ HIS PORTION

¾ cup rice, 3oz pork

390 kcal

■ Lunch

Steamed Chicken & Bok Choy Rice Bowl

Steamed chicken breast over bok choy, garlic-ginger sauce, low-sodium oyster sauce, jasmine rice

■ HER PORTION

4oz chicken, ½ cup rice, 2 bok choy

350 kcal

■ HIS PORTION

7oz chicken, ¾ cup rice, 3 bok choy

520 kcal

■ Snack

Edamame with Sea Salt

Shelled edamame, light sea salt

■ HER PORTION

¾ cup shelled

130 kcal

■ HIS PORTION

1 cup shelled + 1 hard-boiled egg

230 kcal

■ Dinner

Beef & Broccoli Stir-Fry

Lean flank steak, broccoli florets, garlic, ginger, low-sodium soy sauce, oyster sauce, brown rice

■ HER PORTION

4oz beef, 1.5 cups broccoli, ½ cup rice

420 kcal

■ HIS PORTION

6oz beef, 3 cups broccoli, ¾ cup rice

600 kcal

Daily Totals

■ Her: 1,180 kcal

■ His: 1,740 kcal

WEDNESDAY

American Fresh · Cook once, serve two sizes

■ Breakfast

Greek Yogurt Parfait with Berries & Granola

Non-fat plain Greek yogurt, fresh blueberries, low-sugar granola, chia seeds, drizzle of honey

■ HER PORTION

¾ cup yogurt, ½ cup berries, 1 tbsp granola

230 kcal

■ HIS PORTION

1.5 cups yogurt, ¾ cup berries, 2 tbsp granola, 1 scoop protein powder

440 kcal

■ Lunch

Turkey & Avocado Whole Wheat Wrap

Sliced turkey breast, avocado, romaine lettuce, tomato, cucumber, Dijon mustard, whole wheat tortilla

■ HER PORTION

4oz turkey, ¼ avocado, 1 small tortilla

310 kcal

■ HIS PORTION

7oz turkey, ½ avocado, 1 large tortilla + side of carrot sticks

520 kcal

■ Snack

Cottage Cheese with Fresh Pineapple

Low-fat cottage cheese, fresh pineapple chunks

■ HER PORTION

½ cup cottage cheese, ½ cup pineapple

140 kcal

■ HIS PORTION

¾ cup cottage cheese, ¾ cup pineapple

200 kcal

■ Dinner

Sheet Pan Chicken Thighs with Root Vegetables

Chicken thighs (skin removed), sweet potato, Brussels sprouts, red onion, olive oil, rosemary & thyme

■ HER PORTION

5oz chicken, ½ cup sweet potato

440 kcal

■ HIS PORTION

8oz chicken, 1 cup sweet potato

650 kcal

Daily Totals

■ Her: 1,120 kcal

■ His: 1,810 kcal

THURSDAY

Chinese Comfort · Cook once, serve two sizes

■ Breakfast

Steamed Egg Custard with Ground Pork

Eggs steamed with lean ground pork, low-sodium soy sauce, sesame oil, scallion, whole wheat toast

■ HER PORTION

2 eggs, 1oz pork, 1 slice toast

310 kcal

■ HIS PORTION

3 eggs, 2oz pork, 2 slices toast

470 kcal

■ Lunch

Kung Pao Chicken with Brown Rice

Chicken breast, peanuts, dried chili, bell pepper, zucchini, low-sodium kung pao sauce, brown rice

■ HER PORTION

4oz chicken, 1 tbsp peanuts, ½ cup rice

390 kcal

■ HIS PORTION

7oz chicken, 1.5 tbsp peanuts, ¾ cup rice

590 kcal

■ Snack

Sliced Cucumber with Rice Vinegar & Sesame

Fresh cucumber, rice vinegar, pinch sesame seeds, tiny drizzle sesame oil

■ HER PORTION

1 large cucumber

45 kcal

■ HIS PORTION

1 large cucumber + 1 hard-boiled egg

120 kcal

■ Dinner

Mapo Tofu with Lean Pork & Brown Rice

Silken tofu, lean ground pork, doubanjiang, garlic, ginger, Sichuan peppercorn (optional), brown rice

■ HER PORTION

5oz tofu, 2oz pork, ½ cup rice

390 kcal

■ HIS PORTION

8oz tofu, 3oz pork, ¾ cup rice

560 kcal

Daily Totals

■ Her: 1,135 kcal

■ His: 1,740 kcal

FRIDAY

American Power · Cook once, serve two sizes

■ Breakfast

High-Protein Overnight Oats

Rolled oats, vanilla protein powder, almond milk, chia seeds, banana, cinnamon, peanut butter

■ HER PORTION

½ cup oats, 1 scoop protein, 1 small banana

370 kcal

■ HIS PORTION

¾ cup oats, 1.5 scoops protein, 1 banana, 1 tbsp peanut butter

560 kcal

■ Lunch

Ground Turkey Stuffed Bell Peppers

Lean ground turkey, bell peppers, diced tomatoes, brown rice, garlic, Italian seasoning, low-fat mozzarella

■ HER PORTION

4oz turkey, 2 pepper halves, ¼ cup rice

360 kcal

■ HIS PORTION

6oz turkey, 3 pepper halves, ¼ cup rice, extra mozzarella

520 kcal

■ Snack

Greek Yogurt + Walnuts

Plain non-fat Greek yogurt, walnut halves, drizzle of honey

■ HER PORTION

½ cup yogurt, 5 walnuts

160 kcal

■ HIS PORTION

¾ cup yogurt, 8 walnuts, 1 tsp honey

220 kcal

■ Dinner

Turkey Meatballs & Zucchini Noodles

Lean ground turkey meatballs, spiralized zucchini noodles, light marinara sauce, grated Parmesan

■ HER PORTION

4oz turkey meatballs, 2 zucchini spiralized

360 kcal

■ HIS PORTION

6oz turkey meatballs, 3 zucchini spiralized, extra marinara

500 kcal

Daily Totals

■ Her: 1,250 kcal

■ His: 1,800 kcal

SATURDAY

Chinese Feast · Cook once, serve two sizes

■ Breakfast

Dan Dan Noodles (Light Style)

Thin wheat noodles, lean ground pork, light peanut-sesame sauce, shredded cucumber, scallion, chili oil

■ HER PORTION

½ cup noodles, 2oz pork, light sauce

320 kcal

■ HIS PORTION

¾ cup noodles, 3oz pork, regular sauce

490 kcal

■ Lunch

Char Siu Pork Tenderloin with Bok Choy & Rice

Pork tenderloin glazed with hoisin, soy sauce, honey, Chinese five spice, garlic, steamed bok choy, brown rice

■ HER PORTION

4oz pork, ½ cup rice, 2 bok choy

380 kcal

■ HIS PORTION

7oz pork, ¾ cup rice, 3 bok choy

580 kcal

■ Snack

Mandarin Oranges + Pumpkin Seeds

Fresh mandarin oranges, roasted pumpkin seeds (pepitas)

■ HER PORTION

2 small mandarins, 1 tbsp pepitas

100 kcal

■ HIS PORTION

3 small mandarins, 2 tbsp pepitas

180 kcal

■ Dinner

■ Kung Pao Shrimp with Brown Rice

Large shrimp, peanuts, dried chili, bell pepper, zucchini, low-sodium kung pao sauce, brown rice

■ HER PORTION

5oz shrimp, 1 tbsp peanuts, ½ cup rice

360 kcal

■ HIS PORTION

8oz shrimp, 1.5 tbsp peanuts, ¾ cup rice

530 kcal

Daily Totals

■ Her: 1,180 kcal

■ His: 1,800 kcal

SUNDAY

East Meets West · Cook once, serve two sizes

■ Breakfast

Savory Breakfast Burrito

Scrambled eggs, lean ground turkey, sautéed bell pepper & onion, splash soy sauce, salsa, whole wheat tortilla

■ HER PORTION

2 eggs, 2oz turkey, 1 small tortilla

360 kcal

■ HIS PORTION

3 eggs, 3oz turkey, 1 large tortilla, extra salsa

530 kcal

■ Lunch

Miso-Glazed Chicken with Quinoa & Broccolini

Chicken breast glazed with white miso, mirin, soy sauce, steamed broccolini, quinoa

■ HER PORTION

5oz chicken, ½ cup quinoa, 1 cup broccolini

390 kcal

■ HIS PORTION

8oz chicken, ¾ cup quinoa, 1.5 cups broccolini

590 kcal

■ Snack

Hard-Boiled Eggs & Celery with Hummus

Hard-boiled eggs, celery sticks, roasted garlic hummus

■ HER PORTION

1 egg, 3 celery stalks, 1.5 tbsp hummus

130 kcal

■ HIS PORTION

2 eggs, 4 celery stalks, 2 tbsp hummus

200 kcal

■ Dinner

Honey Garlic Chicken Stir-Fry with Vegetables & Rice

Chicken thigh, mixed vegetables (snap peas, bell pepper, carrots), honey-garlic-soy glaze, brown rice

■ HER PORTION

4oz chicken, 1.5 cups mixed veg, ½ cup rice

390 kcal

■ HIS PORTION

7oz chicken, 2 cups mixed veg, ¾ cup rice

590 kcal

Daily Totals

■ Her: 1,270 kcal

■ His: 1,910 kcal

COMBINED WEEKLY GROCERY SHOPPING LIST · 2 PEOPLE

One Trip. Both Plans Covered.

Quantities cover her smaller + his larger portions for all 7 days

Proteins, Seafood & Meat

<p>■ Chicken breast (boneless, skinless) ~4 lbs <i>Mon lunch, Thu kung pao, Sun lunch & dinner</i></p>	<p>■ Chicken thighs (bone-in, skin-on) ~2.5 lbs (6 pieces) <i>Wed sheet pan</i></p>
<p>■ Atlantic salmon fillet 2 pieces (5oz + 7oz) <i>Mon dinner — her 5oz, his 7oz</i></p>	<p>■ Large shrimp (peeled, deveined) ~1.5 lbs <i>Sat dinner — her 5oz, his 8oz</i></p>
<p>■ Lean flank steak ~1.5 lbs <i>Tue dinner beef & broccoli</i></p>	<p>■ Lean ground pork ~2 lbs <i>Tue congee, Thu breakfast & mapo tofu, Sat dan dan</i></p>
<p>■ Pork tenderloin ~1.5 lbs <i>Sat char siu lunch</i></p>	<p>■ Lean ground turkey ~2 lbs <i>Wed wrap, Fri stuffed peppers & meatballs, Sun burrito</i></p>
<p>■ Eggs (large) 3 dozen <i>Used every single day — both people</i></p>	<p>■ Egg whites (carton) 1 × 16oz carton <i>Mon breakfast extra whites</i></p>
<p>■ Silken tofu 2 × 14oz blocks <i>Thu mapo tofu</i></p>	<p>■ Firm tofu 1 × 14oz block <i>Sat lunch optional</i></p>
<p>■ Whey/vanilla protein powder 1 container (shared) <i>Wed parfait (his), Fri oats (both)</i></p>	

Produce & Vegetables

<p>■ Baby spinach 2 × 5oz bags <i>Mon breakfast egg scramble</i></p>	<p>■ Cherry tomatoes 2 pints <i>Mon scramble, Mon chicken bowl, Wed wrap</i></p>
<p>■ Broccoli (large fresh heads) 3 heads <i>Mon dinner, Tue beef broccoli</i></p>	<p>■ Broccolini 2 bunches <i>Sun miso chicken lunch</i></p>
<p>■ Bok choy (baby) 3 bags (~15 heads) <i>Tue lunch bowl, Sat char siu & hot pot</i></p>	<p>■ Napa cabbage ½ small head <i>Sat hot pot</i></p>
<p>■ Brussels sprouts 1.5 lb bag <i>Wed sheet pan</i></p>	<p>■ Asparagus 1 bunch <i>Optional side — Mon or Wed</i></p>
<p>■ Zucchini (medium) 7–8 <i>Mon lunch bowl, Thu lunch, Fri meatballs (×3 each), Sun</i></p>	<p>■ Bell peppers (red/yellow/green) 8–10 <i>Mon, Thu, Fri, Sun — multiple days</i></p>
<p>■ Sweet potato (medium) 4 <i>Wed sheet pan (both portions)</i></p>	<p>■ Snap peas 1 × 8oz bag <i>Sun stir-fry</i></p>
<p>■ Celery 1 bunch <i>Sun snack</i></p>	<p>■ Cucumber (large) 4 <i>Tue snack, Thu snack, Sat dan dan</i></p>

■ Avocado <i>Wed wrap (her ¼, his ½ each day)</i>	3	■ Onion (yellow) <i>Mon, Thu, Fri, Sun</i>	4
■ Red onion <i>Wed sheet pan</i>	2	■ Shiitake mushrooms (fresh) <i>Sat hot pot</i>	2 × 8oz packs
■ Ginger (fresh, large knobs) <i>Tue, Thu, Sat, Sun — all Chinese days</i>	3 knobs	■ Garlic (fresh) <i>Used all week</i>	3 heads
■ Scallions / green onions <i>Tue, Thu, Sat, Sun</i>	3 bunches	■ Lemon <i>0001F41F MON SALMON 0026 GENERAL USE</i>	4
■ FRESH DILL <i>0001F41F MON SALMON DINNER</i>	1 SMALL BUNCH	■ Banana <i>Fri oats — both people</i>	5
■ Apple (Fuji or Gala) <i>Mon snack — her medium, his large</i>	3 medium + 2 large	■ Mandarin oranges <i>Sat snack — her 2, his 3 + extra</i>	8 small
■ Blueberries (fresh) <i>Wed parfait</i>	1 pint	■ Pineapple (fresh or canned) <i>Wed snack cottage cheese</i>	1
■ Shredded carrots (bag) <i>Sun stir-fry</i>	1 × 10oz	■ Fresh rosemary & thyme (or dried) <i>Wed sheet pan</i>	As needed
■ Fresh feta (crumbled) <i>Mon breakfast scramble</i>	1 small container		

■ Dairy, Eggs & Refrigerated

■ Non-fat plain Greek yogurt <i>Wed parfait, Fri snack — both</i>	1 × 32oz tub	■ Low-fat cottage cheese <i>Wed snack — both</i>	2 × 16oz containers
■ Low-fat shredded mozzarella <i>Fri stuffed peppers & meatballs</i>	1 × 8oz bag	■ Parmesan (grated) <i>Fri turkey meatballs</i>	1 small wedge
■ Tzatziki sauce <i>Optional: Mon bowl condiment</i>	1 × 8oz tub	■ Unsweetened almond milk <i>Fri oats — both people</i>	2 × half-gallon cartons
■ Light marinara sauce (jar) <i>Fri turkey meatballs</i>	2 × 24oz jars	■ Diced tomatoes (canned) <i>Fri stuffed peppers</i>	2 × 14oz cans
■ Salsa (jar) <i>Sun breakfast burrito</i>	1 × 16oz jar	■ Hummus (roasted garlic) <i>Sun snack — both</i>	1 × 10oz tub

■ Grains, Pasta & Dry Goods

■ Brown rice <i>Tue, Thu, Fri, Sat, Sun — used almost daily</i>	1 × 5 lb bag	■ Jasmine rice <i>Tue congee breakfast</i>	1 × 2 lb bag
■ Quinoa <i>Mon lunch bowl, Sun miso chicken lunch</i>	1 × 2 lb bag	■ Rolled oats (old fashioned) <i>Fri overnight oats — both</i>	1 × 42oz canister

■ Thin wheat noodles <i>Sat dan dan noodles</i>	1 × 12oz pack	■ Glass noodles / cellophane noodles <i>Sat hot pot dinner</i>	1 × 8oz pack
■ Whole wheat tortillas (large burrito size) <i>Sun breakfast burrito — his</i>	1 pack (8)	■ Whole wheat tortillas (regular size) <i>Wed wrap — her / Sun — her</i>	1 pack (6)
■ Whole wheat bread (sliced) <i>Mon & Thu breakfast</i>	1 loaf	■ Chia seeds <i>Wed parfait, Fri oats</i>	1 bag
■ Peanut butter (natural, no sugar) <i>Mon snack, Fri oats, Sat dan dan sauce</i>	2 jars	■ Almond butter <i>Mon snack (her)</i>	1 jar
■ Edamame (frozen, shelled) <i>Tue snack — both</i>	3 × 12oz bags	■ Peanuts (dry roasted, unsalted) <i>Thu kung pao chicken</i>	1 small bag
■ Pumpkin seeds / pepitas (roasted) <i>Sat snack</i>	1 small bag	■ Walnuts <i>Fri snack</i>	1 small bag
■ Low-sugar granola <i>Wed parfait</i>	1 small bag	■ Dried chili peppers <i>Thu kung pao, Sat dan dan</i>	1 small bag
■ Cornstarch <i>Sauce thickener</i>	1 small box		

■ Sauces, Condiments & Pantry

■ Low-sodium soy sauce <i>Every Chinese day — both people</i>	2 large bottles	■ Oyster sauce (low-sodium) <i>Tue steamed chicken, Tue beef broccoli</i>	1 bottle
■ White miso paste <i>Sun miso chicken lunch</i>	1 small tub	■ Hoisin sauce <i>Sat char siu pork</i>	1 bottle
■ Shaoxing cooking wine <i>Sat char siu, optional Chinese dishes</i>	1 bottle	■ Doubanjiang (spicy bean paste) <i>Thu mapo tofu</i>	1 small jar
■ Low-sodium kung pao sauce <i>Thu kung pao chicken</i>	1 bottle	■ Chili oil (or chili garlic sauce) <i>Sat dan dan noodles</i>	1 small jar
■ Sesame oil (toasted) <i>Tue, Thu, Sat, Sun</i>	1 bottle	■ Rice vinegar <i>Thu cucumber snack, Sat dan dan</i>	1 bottle
■ Mirin <i>Sun miso chicken</i>	1 bottle	■ Chinese five spice powder <i>Sat char siu pork</i>	1 small jar
■ Sichuan peppercorns (optional) <i>Thu mapo tofu</i>	1 small bag	■ Honey-garlic sauce (low sodium) <i>Sun stir-fry dinner</i>	1 bottle
■ Dijon mustard <i>Wed turkey wrap</i>	1 jar	■ Extra virgin olive oil <i>Wed sheet pan, general cooking</i>	1 bottle
■ Italian seasoning (dried) <i>Fri stuffed peppers, Wed sheet pan</i>	1 bottle	■ Honey (raw) <i>Wed parfait, Sat char siu</i>	1 small jar
■ Cinnamon (ground) <i>Fri overnight oats</i>	1 jar	■ White pepper (ground) <i>Tue congee, Thu steamed egg</i>	1 small jar
■ Sea salt & black pepper <i>All week</i>	Stocked		

■ Supplements & Household

■ Whey protein powder (shared tub)

Fri oats + Wed parfait (his)

1 large

■ Fish oil capsules — HIM

Heart health, inflammation — age 52

1 bottle
(EPA/DHA)

■ Vitamin D3 — HIM

Testosterone & bone density support

1 bottle

■ Magnesium glycinate — HIM

Sleep quality & muscle recovery

1 bottle

■ Multivitamin — HER

General micronutrient coverage

1 bottle

■ Sparkling water / seltzer (shared)

Zero-cal soda substitute

24-pack

■ Green tea bags (shared)

Metabolism support, zero calories

1 box

■ Glass meal prep containers

Label HER / HIM — Sunday prep

Set of 14 (7 per
person)

Prep Tips

Sunday meal prep: cook all grains in one large pot · Pre-portion proteins and label HER/HIM · Marinate meats the night before · Chop all veg on Sunday · Keep hard-boiled eggs ready all week