

# Week 2 — Same Meals. One Kitchen. Two Goals.

Chinese & American Cuisine · Salmon & Shrimp Occasionally · All New Meals

## ■ 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 Hearty	■ Garlic Butter Shrimp with Cauliflower Rice & Asparagus	1,160	1,720
Tue	Chinese Sichuan	Braised Pork Belly (Light) with Bok Choy & Rice	1,120	1,740
Wed	American Fresh	One-Pan Lemon Chicken Orzo	1,240	1,890
Thu	Chinese Cantonese	Stir-Fried Pork with Water Chestnuts & Snap Peas	1,130	1,710
Fri	American Bold	■ Teriyaki Salmon with Edamame Fried Rice	1,240	1,840
Sat	Chinese Feast	General Tso's Chicken (Baked Light Version)	1,160	1,800
Sun	East Meets West	Slow-Cooked Chicken Adobo with Jasmine Rice	1,300	1,960

# MONDAY

American Hearty · Cook once, serve two sizes

## ■ Breakfast

### Loaded Breakfast Burrito

Scrambled eggs, lean ground turkey, sautéed bell pepper & onion, salsa, low-fat shredded cheese, whole wheat tortilla

#### ■ HER PORTION

2 eggs, 2oz turkey, 1 small tortilla

**360 kcal**

#### ■ HIS PORTION

3 eggs, 3oz turkey, 1 large tortilla

**530 kcal**

## ■ Lunch

### BBQ Chicken & Sweet Potato Bowl

Grilled chicken breast with smoky BBQ sauce (low sugar), roasted sweet potato cubes, steamed green beans, red cabbage slaw

#### ■ HER PORTION

4oz chicken, ½ cup sweet potato

**370 kcal**

#### ■ HIS PORTION

7oz chicken, 1 cup sweet potato

**560 kcal**

## ■ Snack

### Celery & Peanut Butter

Fresh celery stalks, natural peanut butter

#### ■ HER PORTION

4 celery stalks, 1 tbsp peanut butter

**110 kcal**

#### ■ HIS PORTION

5 celery stalks, 1.5 tbsp peanut butter

**160 kcal**

## ■ Dinner

### ■ Garlic Butter Shrimp with Cauliflower Rice & Asparagus

Large shrimp sautéed in garlic, lemon, light butter & herbs, cauliflower rice, roasted asparagus

#### ■ HER PORTION

5oz shrimp, 1 cup cauliflower rice

**320 kcal**

#### ■ HIS PORTION

8oz shrimp, 1.5 cups cauliflower rice

**470 kcal**

Daily Totals

■ Her: 1,160 kcal

■ His: 1,720 kcal

# TUESDAY

Chinese Sichuan · Cook once, serve two sizes

## ■ Breakfast

### Scallion Pancakes with Soft-Boiled Eggs

Thin whole wheat scallion pancakes, 2 soft-boiled eggs, light soy dipping sauce, sliced cucumber

#### ■ HER PORTION

1 pancake, 1 egg

**280 kcal**

#### ■ HIS PORTION

2 pancakes, 2 eggs

**480 kcal**

## ■ Lunch

### Sichuan Dan Dan Noodles with Pork

Wheat noodles, lean ground pork, peanut-sesame sauce, shredded cucumber, bok choy, chili oil, scallion

#### ■ HER PORTION

½ cup noodles, 2oz pork

**330 kcal**

#### ■ HIS PORTION

¾ cup noodles, 3oz pork

**490 kcal**

## ■ Snack

### Mandarin Oranges + Roasted Pumpkin Seeds

Fresh mandarin oranges, roasted pepitas

#### ■ HER PORTION

2 mandarins, 1 tbsp pepitas

**100 kcal**

#### ■ HIS PORTION

3 mandarins, 2 tbsp pepitas

**180 kcal**

## ■ Dinner

### Braised Pork Belly (Light) with Bok Choy & Rice

Lean pork shoulder braised in soy, Shaoxing wine, star anise, ginger & rock sugar (small amount), steamed bok choy, jasmine rice

#### ■ HER PORTION

4oz pork, ½ cup rice, 2 bok choy

**410 kcal**

#### ■ HIS PORTION

6oz pork, ¾ cup rice, 3 bok choy

**590 kcal**

Daily Totals

■ Her: 1,120 kcal

■ His: 1,740 kcal

# WEDNESDAY

American Fresh · Cook once, serve two sizes

## ■ Breakfast

### Banana Protein Smoothie Bowl

Frozen banana, vanilla protein powder, almond milk, topped with fresh strawberries, granola, chia seeds

#### ■ HER PORTION

1 small banana, 1 scoop protein, ½ cup berries

**330 kcal**

#### ■ HIS PORTION

1 large banana, 1.5 scoops protein, ¾ cup berries, extra granola

**500 kcal**

## ■ Lunch

### Grilled Turkey Burger (No Bun) with Sweet Potato Wedges

Lean ground turkey patty, lettuce wrap, tomato, onion, avocado, mustard, roasted sweet potato wedges

#### ■ HER PORTION

4oz turkey patty, ¼ avocado, 4 wedges

**380 kcal**

#### ■ HIS PORTION

6oz turkey patty, ½ avocado, 6 wedges

**570 kcal**

## ■ Snack

### Hard-Boiled Eggs & Cherry Tomatoes

Hard-boiled eggs, cherry tomatoes, pinch of sea salt

#### ■ HER PORTION

1 egg, ½ cup cherry tomatoes

**100 kcal**

#### ■ HIS PORTION

2 eggs, ¾ cup cherry tomatoes

**180 kcal**

## ■ Dinner

### One-Pan Lemon Chicken Orzo

Chicken breast, whole wheat orzo, baby spinach, cherry tomatoes, garlic, lemon zest, low-sodium chicken broth, Parmesan

#### ■ HER PORTION

4oz chicken, ½ cup orzo

**430 kcal**

#### ■ HIS PORTION

7oz chicken, ¾ cup orzo

**640 kcal**

Daily Totals

■ Her: 1,240 kcal

■ His: 1,890 kcal

# THURSDAY

Chinese Cantonese · Cook once, serve two sizes

## ■ Breakfast

### Dim Sum Style Steamed Pork & Cabbage Dumplings

Homemade or store-bought lean pork & napa cabbage dumplings (steamed), light soy & ginger dipping sauce

#### ■ HER PORTION

4 dumplings, light dipping sauce

**280 kcal**

#### ■ HIS PORTION

7 dumplings, light dipping sauce

**460 kcal**

## ■ Lunch

### Cantonese Ginger Scallion Chicken Rice (Hainanese Style)

Poached chicken breast with ginger-scallion oil, jasmine rice cooked in low-sodium chicken broth, sliced cucumber, light soy

#### ■ HER PORTION

4oz chicken, ½ cup rice

**360 kcal**

#### ■ HIS PORTION

7oz chicken, ¾ cup rice

**540 kcal**

## ■ Snack

### Sliced Apple with Honey & Sesame

Crisp apple slices, tiny drizzle honey, sprinkle sesame seeds

#### ■ HER PORTION

1 medium apple

**100 kcal**

#### ■ HIS PORTION

1 large apple, 1 tsp honey, sesame

**150 kcal**

## ■ Dinner

### Stir-Fried Pork with Water Chestnuts & Snap Peas

Lean pork tenderloin strips, water chestnuts, snap peas, shiitake mushrooms, garlic, low-sodium oyster sauce, brown rice

#### ■ HER PORTION

4oz pork, 1.5 cups veg, ½ cup rice

**390 kcal**

#### ■ HIS PORTION

6oz pork, 2 cups veg, ¾ cup rice

**560 kcal**

Daily Totals

■ Her: 1,130 kcal

■ His: 1,710 kcal

# FRIDAY

American Bold · Cook once, serve two sizes

## ■ Breakfast

### Veggie Egg White Omelette with Whole Wheat Toast

Egg whites, baby spinach, mushrooms, diced tomato, low-fat feta cheese, 2 slices whole wheat toast

#### ■ HER PORTION

4 egg whites, 1 slice toast

**260 kcal**

#### ■ HIS PORTION

6 egg whites + 1 whole egg, 2 slices toast

**420 kcal**

## ■ Lunch

### Beef & Black Bean Taco Bowl

Lean ground beef, black beans, brown rice, roasted corn, diced tomato, lettuce, low-fat Greek yogurt (sour cream sub), salsa, lime

#### ■ HER PORTION

3oz beef, ¼ cup beans, ½ cup rice

**390 kcal**

#### ■ HIS PORTION

5oz beef, ½ cup beans, ¾ cup rice

**600 kcal**

## ■ Snack

### Cottage Cheese with Sliced Peach

Low-fat cottage cheese, fresh or canned peach slices (in juice, not syrup)

#### ■ HER PORTION

½ cup cottage cheese, ½ peach

**130 kcal**

#### ■ HIS PORTION

¾ cup cottage cheese, 1 peach

**200 kcal**

## ■ Dinner

### Teriyaki Salmon with Edamame Fried Rice

Salmon fillet glazed with light teriyaki sauce, brown fried rice with edamame, carrots, egg, low-sodium soy sauce

#### ■ HER PORTION

5oz salmon, ½ cup fried rice

**460 kcal**

#### ■ HIS PORTION

7oz salmon, ¾ cup fried rice

**620 kcal**

Daily Totals

■ Her: 1,240 kcal

■ His: 1,840 kcal

# SATURDAY

Chinese Feast · Cook once, serve two sizes

## ■ Breakfast

### Pork & Chive Pan-Fried Buns (Sheng Jian Bao Light)

Steamed-then-lightly-pan-fried lean pork & chive buns, dipping sauce of rice vinegar & soy, soft-boiled egg on side

#### ■ HER PORTION

2 buns, 1 soft-boiled egg

**340 kcal**

#### ■ HIS PORTION

3 buns, 2 soft-boiled eggs

**530 kcal**

## ■ Lunch

### Wonton Noodle Soup (Light)

Lean pork & shrimp wontons in low-sodium clear broth, thin egg noodles, baby bok choy, scallion, white pepper

#### ■ HER PORTION

5 wontons, ½ cup noodles

**310 kcal**

#### ■ HIS PORTION

8 wontons, ¾ cup noodles

**490 kcal**

## ■ Snack

### Frozen Mango Cubes + Greek Yogurt Dip

Frozen mango chunks (thawed), small pot of non-fat Greek yogurt with honey

#### ■ HER PORTION

½ cup mango, 3 tbsp yogurt

**120 kcal**

#### ■ HIS PORTION

¾ cup mango, ½ cup yogurt

**190 kcal**

## ■ Dinner

### General Tso's Chicken (Baked Light Version)

Chicken breast baked (not fried) in light General Tso's sauce, steamed broccoli & snap peas, brown rice, sesame seeds

#### ■ HER PORTION

4oz chicken, 1 cup veg, ½ cup rice

**390 kcal**

#### ■ HIS PORTION

7oz chicken, 2 cups veg, ¾ cup rice

**590 kcal**

Daily Totals

■ Her: 1,160 kcal

■ His: 1,800 kcal

# SUNDAY

East Meets West · Cook once, serve two sizes

## ■ Breakfast

### Avocado & Poached Egg on Whole Wheat Toast

Poached eggs, smashed avocado, whole wheat toast, cherry tomatoes, chili flakes, squeeze of lemon

#### ■ HER PORTION

1 egg, ¼ avocado, 1 slice toast

**280 kcal**

#### ■ HIS PORTION

2 eggs, ½ avocado, 2 slices toast

**460 kcal**

## ■ Lunch

### Korean-Inspired Ground Beef Bibimbap Bowl

Lean ground beef with gochujang (light), brown rice, sautéed spinach, shredded carrots, cucumber, fried egg on top, sesame oil

#### ■ HER PORTION

3oz beef, ½ cup rice, 1 egg on top

**410 kcal**

#### ■ HIS PORTION

5oz beef, ¾ cup rice, 1 egg on top

**600 kcal**

## ■ Snack

### Protein Shake + Mixed Nuts

Vanilla whey protein shake with almond milk, small handful of mixed nuts (almonds, cashews, walnuts)

#### ■ HER PORTION

1 scoop protein, 1 cup almond milk, 10 nuts

**220 kcal**

#### ■ HIS PORTION

1.5 scoops protein, 1 cup almond milk, 15 nuts

**320 kcal**

## ■ Dinner

### Slow-Cooked Chicken Adobo with Jasmine Rice

Chicken thighs slow-simmered in soy sauce, rice vinegar, garlic, bay leaves, black pepper — Filipino-Chinese fusion style, jasmine rice, steamed broccolini

#### ■ HER PORTION

4oz chicken, ½ cup rice, 1 cup broccolini

**390 kcal**

#### ■ HIS PORTION

7oz chicken, ¾ cup rice, 1.5 cups broccolini

**580 kcal**

Daily Totals

■ Her: 1,300 kcal

■ His: 1,960 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>■ <b>Chicken breast (boneless, skinless)</b> ~3.5 lbs <i>Mon BBQ bowl, Wed orzo, Thu Hainanese, Fri omelette, Sat General Tso's</i></p>	<p>■ <b>Chicken thighs (bone-in)</b> ~2 lbs (5 pieces) <i>Sun adobo dinner</i></p>
<p>■ <b>Atlantic salmon fillet</b> 2 pieces (5oz + 7oz)  ■ <i>Fri teriyaki dinner — her 5oz, his 7oz</i></p>	<p>■ <b>Large shrimp (peeled, deveined)</b> ~1.5 lbs ■ <i>Mon garlic butter dinner + Sat wonton soup</i></p>
<p>■ <b>Lean ground turkey</b> ~1.5 lbs <i>Mon burrito breakfast, Wed turkey burger</i></p>	<p>■ <b>Lean ground pork</b> ~2 lbs <i>Tue dan dan, Tue braised pork, Sat buns &amp; wonton filling</i></p>
<p>■ <b>Lean pork shoulder (braising)</b> ~1 lb <i>Tue braised pork belly (light)</i></p>	<p>■ <b>Pork tenderloin</b> ~1 lb <i>Thu stir-fry dinner</i></p>
<p>■ <b>Lean ground beef</b> ~1.5 lbs <i>Fri taco bowl, Sun bibimbap</i></p>	<p>■ <b>Eggs (large)</b> 3 dozen <i>Used every day — both people</i></p>
<p>■ <b>Lean pork &amp; shrimp wontons (frozen)</b> 1 x 16oz bag <i>Sat wonton noodle soup</i></p>	<p>■ <b>Silken tofu</b> 1 x 14oz block <i>Optional Thu side</i></p>
<p>■ <b>Whey/vanilla protein powder</b> 1 container (shared)  <i>Wed smoothie bowl, Sun shake</i></p>	

## Produce & Vegetables

<p>■ <b>Baby spinach</b> 2 x 5oz bags <i>Fri omelette, Wed orzo, Sun bibimbap</i></p>	<p>■ <b>Bok choy (baby)</b> 2 bags (~10 heads)  <i>Tue braised pork, Thu, Sat wonton soup</i></p>
<p>■ <b>Napa cabbage</b> ½ small head <i>Tue dumpling filling</i></p>	<p>■ <b>Broccolini</b> 2 bunches <i>Sat General Tso's, Sun adobo dinner</i></p>
<p>■ <b>Asparagus</b> 2 bunches <i>Mon garlic shrimp dinner</i></p>	<p>■ <b>Green beans</b> ½ lb <i>Mon BBQ bowl</i></p>
<p>■ <b>Snap peas</b> 1 x 8oz bag <i>Thu stir-fry, Sat General Tso's</i></p>	<p>■ <b>Water chestnuts (canned)</b> 1 x 8oz can <i>Thu stir-fry</i></p>
<p>■ <b>Shiitake mushrooms (fresh)</b> 1 x 8oz pack <i>Thu stir-fry, Fri omelette</i></p>	<p>■ <b>Cherry tomatoes</b> 2 pints <i>Mon, Wed, Fri, Sun</i></p>
<p>■ <b>Bell peppers (red/yellow)</b> 4 <i>Mon burrito, Wed burger</i></p>	<p>■ <b>Cauliflower (large head)</b> 1 <i>Mon shrimp dinner cauliflower rice</i></p>
<p>■ <b>Sweet potato (medium)</b> 5 <i>Mon BBQ bowl, Wed burger</i></p>	<p>■ <b>Red cabbage</b> ½ small head <i>Mon BBQ slaw</i></p>

<b>■ Cucumber (large)</b> <i>Tue, Thu, Sun bibimbap</i>	3	<b>■ Avocado</b> <i>Mon, Wed burger, Sun avocado toast</i>	3
<b>■ Onion (yellow)</b> <i>Mon burrito, Wed burger, Fri taco</i>	3	<b>■ Scallions / green onions</b> <i>Tue, Thu, Sat, Sun</i>	2 bunches
<b>■ Ginger (fresh knob)</b> <i>Tue, Thu, Sat</i>	2 large knobs	<b>■ Garlic (fresh)</b> <i>Used all week</i>	3 heads
<b>■ Lemon</b> <i>Mon shrimp, Wed orzo, Sun toast</i>	4	<b>■ Banana (large)</b> <i>Wed smoothie bowl</i>	4
<b>■ Apple (Fuji)</b> <i>Thu snack — her medium, his large</i>	3 medium + 2 large	<b>■ Mandarin oranges</b> <i>Tue snack</i>	7 small
<b>■ Strawberries (fresh)</b> <i>Wed smoothie bowl</i>	1 pint	<b>■ Peach (fresh or canned in juice)</b> <i>Fri snack — her ½, his 1</i>	3
<b>■ Mango (frozen chunks)</b> <i>Sat snack</i>	1 × 10oz bag	<b>■ Shredded carrots (bag)</b> <i>Fri teriyaki fried rice, Sun bibimbap</i>	1 × 10oz
<b>■ Chives</b> <i>Sat pan-fried buns filling</i>	1 bunch	<b>■ Fresh cilantro (optional)</b> <i>Fri taco bowl gamish</i>	1 bunch
<b>■ Corn (frozen or canned)</b> <i>Fri taco bowl</i>	1 small bag/can	<b>■ Black beans (canned)</b> <i>Fri taco bowl</i>	1 × 15oz can

## ■ Dairy, Eggs & Refrigerated

<b>■ Non-fat plain Greek yogurt</b> <i>Wed &amp; Sat snack, Fri taco sour cream sub</i>	1 × 32oz tub	<b>■ Low-fat cottage cheese</b> <i>Fri snack — both</i>	2 × 16oz containers
<b>■ Low-fat shredded cheese</b> <i>Mon burrito</i>	1 × 8oz bag	<b>■ Low-fat feta (crumbled)</b> <i>Fri omelette</i>	1 small container
<b>■ Parmesan (grated)</b> <i>Wed orzo</i>	1 small wedge	<b>■ Unsweetened almond milk</b> <i>Wed smoothie bowl, Sun shake</i>	2 × half-gallon cartons
<b>■ Low-sodium chicken broth (carton)</b> <i>Thu Hainanese rice, Wed orzo</i>	1 × 32oz	<b>■ Salsa (jar)</b> <i>Mon burrito, Fri taco bowl</i>	1 × 16oz jar
<b>■ BBQ sauce (low sugar)</b> <i>Mon BBQ chicken bowl</i>	1 bottle	<b>■ Light teriyaki sauce</b> <i>Fri salmon dinner</i>	1 bottle
<b>■ Gochujang paste (Korean chili paste)</b> <i>Sun bibimbap</i>	1 small tub	<b>■ Mixed nuts (almonds, cashews, walnuts)</b> <i>Sun snack</i>	1 small bag
<b>■ Granola (low-sugar)</b> <i>Wed smoothie bowl</i>	1 small bag		

## ■ Grains, Pasta & Dry Goods

<b>■ Brown rice</b> <i>Mon, Fri, Sat, Sun — multiple days</i>	<b>1 × 5 lb bag</b>	<b>■ Jasmine rice</b> <i>Tue braised pork, Thu Hainanese, Sun adobo</i>	<b>1 × 2 lb bag</b>
<b>■ Whole wheat orzo</b> <i>Wed one-pan chicken orzo</i>	<b>1 × 12oz box</b>	<b>■ Thin wheat noodles</b> <i>Tue dan dan noodles, Sat wonton soup</i>	<b>1 × 12oz pack</b>
<b>■ Whole wheat tortillas (large)</b> <i>Mon burrito — his</i>	<b>1 pack (8)</b>	<b>■ Whole wheat tortillas (small)</b> <i>Mon burrito — her</i>	<b>1 pack (6)</b>
<b>■ Whole wheat bread (sliced)</b> <i>Fri omelette toast, Sun avocado toast</i>	<b>1 loaf</b>	<b>■ Pork &amp; chive dumpling wrappers (or frozen buns)</b> <i>Sat pan-fried buns</i>	<b>1 pack</b>
<b>■ Chia seeds</b> <i>Wed smoothie bowl</i>	<b>1 bag</b>	<b>■ Peanut butter (natural)</b> <i>Tue dan dan sauce, Mon snack</i>	<b>1 jar</b>
<b>■ Sesame seeds</b> <i>Sat General Tso's, Sun bibimbap</i>	<b>1 small jar</b>	<b>■ Star anise</b> <i>Tue braised pork</i>	<b>1 small bag</b>
<b>■ Bay leaves</b> <i>Sun chicken adobo</i>	<b>1 small bag</b>	<b>■ Pumpkin seeds / pepitas (roasted)</b> <i>Tue snack</i>	<b>1 small bag</b>
<b>■ Edamame (frozen, shelled)</b> <i>Fri teriyaki fried rice</i>	<b>1 × 12oz bag</b>		

## ■ Sauces, Condiments & Pantry

<b>■ Low-sodium soy sauce</b> <i>All Chinese days + Sun adobo</i>	<b>1 large bottle</b>	<b>■ Oyster sauce (low-sodium)</b> <i>Thu stir-fry pork</i>	<b>1 bottle</b>
<b>■ Shaoxing cooking wine</b> <i>Tue braised pork, Sat buns</i>	<b>1 bottle</b>	<b>■ Rice vinegar</b> <i>Tue dipping sauce, Sun adobo</i>	<b>1 bottle</b>
<b>■ Sesame oil (toasted)</b> <i>Tue, Thu, Sat, Sun bibimbap</i>	<b>1 bottle</b>	<b>■ Chili oil</b> <i>Tue dan dan, Sun avocado toast</i>	<b>1 small jar</b>
<b>■ Hoisin sauce</b> <i>Sat General Tso's sauce base</i>	<b>1 bottle</b>	<b>■ Light teriyaki sauce</b> <i>Fri salmon dinner</i>	<b>1 bottle</b>
<b>■ White pepper (ground)</b> <i>Sat wonton soup, Thu poached chicken</i>	<b>1 small jar</b>	<b>■ Rock sugar or regular sugar</b> <i>Tue braised pork (tiny bit)</i>	<b>Small amount</b>
<b>■ Gochujang (Korean chili paste)</b> <i>Sun bibimbap bowl</i>	<b>1 small tub</b>	<b>■ Dijon mustard</b> <i>Wed turkey burger</i>	<b>1 jar</b>
<b>■ Extra virgin olive oil</b> <i>Mon, Wed, general cooking</i>	<b>1 bottle</b>	<b>■ Light butter</b> <i>Mon garlic butter shrimp</i>	<b>1 small tub</b>
<b>■ Honey (raw)</b> <i>Thu snack, Sat mango yogurt</i>	<b>1 small jar</b>	<b>■ Chili flakes</b> <i>Sun avocado toast, general</i>	<b>1 jar</b>
<b>■ Cinnamon (ground)</b> <i>Wed smoothie bowl optional</i>	<b>1 jar</b>	<b>■ Sea salt &amp; black pepper</b> <i>All week</i>	<b>Stocked</b>
<b>■ Lime (fresh)</b> <i>Fri taco bowl</i>	<b>3</b>		

## ■ Supplements & Household

<b>■ Whey protein powder (shared)</b> <i>Wed smoothie bowl + Sun shake</i>	<b>1 large tub</b>	<b>■ Fish oil capsules — HIM</b> <i>Heart health &amp; inflammation — age 52</i>	<b>1 bottle</b>
<b>■ Vitamin D3 — HIM</b> <i>Testosterone &amp; bone density support</i>	<b>1 bottle</b>	<b>■ Magnesium glycinate — HIM</b> <i>Sleep quality &amp; muscle recovery</i>	<b>1 bottle</b>
<b>■ Multivitamin — HER</b> <i>General micronutrient coverage</i>	<b>1 bottle</b>	<b>■ Sparkling water (shared)</b> <i>Zero-cal soda substitute</i>	<b>24-pack</b>
<b>■ Green tea bags (shared)</b> <i>Metabolism support, zero calories</i>	<b>1 box</b>	<b>■ Glass meal prep containers</b> <i>Label HER / HIM — Sunday prep</i>	<b>Set of 14</b>

**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