

# Cook Once. Eat Twice.

Every dinner becomes next day's lunch · 7-day self-closing loop · Half the cooking

## ■ HER

Goal: Lose 40 lbs

~1,160–1,350 cal/day

Smaller portions · ~110g protein/day

## ■ HIM

Goal: Lose 50 lbs · Age 52

~1,670–1,970 cal/day

Larger portions · ~150g protein/day

### ■■ Self-Closing Leftover Loop — cook 7 dinners, get 7 lunches free

<b>Sun</b>	Beef Stew (big batch)	→	<b>Mon</b>	Beef Stew reheated
<b>Mon</b>	Chipotle Chicken Bowl	→	<b>Tue</b>	Chipotle Bowl reheated
<b>Tue</b>	Cumin Lamb Stir-Fry	→	<b>Wed</b>	Cumin Lamb in wrap/bowl
<b>Wed</b>	Stuffed Zucchini Boats	→	<b>Thu</b>	Zucchini Boats reheated
<b>Thu</b>	Salmon Black Bean	→	<b>Fri</b>	Salmon Rice Bowl cold/warm
<b>Fri</b>	Steak Chimichurri	→	<b>Sat</b>	Steak Salad — no cooking
<b>Sat</b>	Claypot Chicken Rice	→	<b>Sun</b>	Claypot Rice reheated

**How it works:** Each night, cook **DOUBLE** the dinner portion and immediately pack tomorrow's lunch containers (label HER & HIM) before sitting down to eat. Morning grab-and-go — zero lunch cooking all week. Sunday's beef stew closes the loop and seeds the following Monday. **Consult your doctor before starting any new diet plan.**

## Weekly Overview

Day	Dinner (cook double)	■■ Next day lunch	■ Cal	■ Cal
<b>Mon</b>	Chipotle-Style Chicken Burrito Bowl	→ <i>Chipotle Chicken Burrito Bowl</i>	1,170	1,840
<b>Tue</b>	Cumin Lamb Stir-Fry with Peppers & Brown Rice	→ <i>Cumin Lamb Stir-Fry</i>	1,230	1,930
<b>Wed</b>	Ground Turkey Stuffed Zucchini Boats	→ <i>Stuffed Zucchini Boats</i>	1,170	1,760
<b>Thu</b>	Salmon with Black Bean Sauce, Chinese Broccoli & Jasmine Rice	→ <i>Salmon Black Bean Rice Bowl</i>	1,160	1,670
<b>Fri</b>	Sirloin Chimichurri with Roasted Baby Potatoes & Broccolini	→ <i>Steak Chimichurri Bowl</i>	1,350	1,970

<b>Sat</b>	Claypot Chicken & Mushroom Rice	→ <i>Claypot Chicken &amp; Mushroom Rice</i>	<b>1,180</b>	<b>1,780</b>
<b>Sun</b>	Slow-Cooked Beef & Vegetable Stew	→ <i>Slow-Cooked Beef &amp; Vegetable Stew</i>	<b>1,230</b>	<b>1,870</b>

# MONDAY - American Comfort

Cook dinner double · pack lunch containers before eating · ■ orange = leftover

## ■ Breakfast

### Cottage Cheese Pancakes with Fresh Berries

Low-fat cottage cheese blended into oat-based pancake batter with eggs and vanilla, topped with fresh mixed berries and a drizzle of honey

#### ■ HER

3 small pancakes, ½ cup berries

**310 kcal**

#### ■ HIM

5 small pancakes, ¾ cup berries

**490 kcal**

## ■ Lunch

### ■ Leftover: Slow-Cooked Beef & Vegetable Stew (from Sunday)

Sunday's beef stew reheated — lean beef chunks, carrots, celery, baby potatoes in rich low-sodium broth with rosemary & thyme. Tastes even better the next day. Zero cooking

#### ■ HER

1 cup stew, generous veg & broth

**320 kcal**

#### ■ HIM

1.5 cups stew + 1 slice whole wheat bread

**510 kcal**

## ■ Snack

### Sliced Pear + Low-Fat String Cheese

Fresh ripe pear, low-fat string cheese sticks

#### ■ HER

1 small pear, 1 string cheese

**140 kcal**

#### ■ HIM

1 large pear, 2 string cheeses

**220 kcal**

## ■ Dinner

### Chipotle-Style Chicken Burrito Bowl

Grilled chicken breast, brown rice, black beans, roasted corn, pico de gallo, shredded romaine, lime crema (Greek yogurt + lime), guacamole

#### ■ HER

4oz chicken, ½ cup rice, ¼ cup beans, guac

**400 kcal**

#### ■ HIM

7oz chicken, ¾ cup rice, ½ cup beans, extra guac

**620 kcal**

■ Cook tonight: Chipotle Chicken Burrito Bowl — make DOUBLE. Pack Tuesday lunch containers before eating.

Daily Totals

■ Her: 1,170 kcal

■ His: 1,840 kcal

# TUESDAY · Chinese Northern Style

Cook dinner double · pack lunch containers before eating · ■ orange = leftover

## ■ Breakfast

### Scallion Pancake Wrap with Fried Egg

Thin crispy whole wheat scallion pancake, fried egg (light oil), hoisin sauce, shredded cucumber, scallion — rolled like a crepe

#### ■ HER

1 pancake, 1 egg

**290 kcal**

#### ■ HIM

2 pancakes, 2 eggs

**510 kcal**

## ■ Lunch

### ■ Leftover: Chipotle Chicken Burrito Bowl (from Monday)

Monday's burrito bowl reheated — chicken, rice, beans, corn and all toppings. Holds beautifully overnight. Add a squeeze of lime to refresh. Zero cooking

#### ■ HER

Mon leftovers — chicken, rice, beans, toppings

**380 kcal**

#### ■ HIM

Mon leftovers — larger portion + side of romaine

**580 kcal**

## ■ Snack

### Edamame with Miso Dipping Sauce

Warm shelled edamame, thinned white miso & sesame dipping sauce

#### ■ HER

¾ cup edamame, 1 tbsp miso dip

**140 kcal**

#### ■ HIM

1 cup edamame, 2 tbsp miso dip + 1 hard-boiled egg

**230 kcal**

## ■ Dinner

### Cumin Lamb Stir-Fry with Peppers & Brown Rice

Thinly sliced lean lamb with cumin, chili flakes, bell peppers, onion, garlic, low-sodium soy sauce, fresh cilantro, brown rice

#### ■ HER

4oz lamb, 1.5 cups peppers & onion, ½ cup rice

**420 kcal**

#### ■ HIM

6oz lamb, 2 cups peppers & onion, ¾ cup rice

**610 kcal**

■ Cook tonight: Cumin Lamb Stir-Fry — make DOUBLE. Pack Wednesday lunch containers before eating.

Daily Totals

■ Her: 1,230 kcal

■ His: 1,930 kcal

# WEDNESDAY - American Clean

Cook dinner double · pack lunch containers before eating · ■ orange = leftover

## ■ Breakfast

### Spinach & Mushroom Egg Muffins

Baked egg muffins with baby spinach, mushrooms, diced bell pepper, low-fat feta, herbs — meal prep friendly, made in muffin tin

#### ■ HER

3 egg muffins

**240 kcal**

#### ■ HIM

5 egg muffins

**390 kcal**

## ■ Lunch

### ■ Leftover: Cumin Lamb Stir-Fry (from Tuesday)

Tuesday's cumin lamb reheated over fresh rice or stuffed into a whole wheat wrap — the cumin aroma is even more fragrant the next day. 3-minute microwave

#### ■ HER

Tue lamb leftovers in wrap or over ½ cup rice

**380 kcal**

#### ■ HIM

Tue lamb leftovers, ¾ cup rice + bok choy side

**570 kcal**

## ■ Snack

### Apple Nachos

Thinly sliced apple fanned out, drizzled with almond butter, sprinkled with granola, cinnamon and chia seeds

#### ■ HER

1 medium apple, 1 tbsp almond butter

**180 kcal**

#### ■ HIM

1 large apple, 1.5 tbsp almond butter, 1 tbsp granola

**260 kcal**

## ■ Dinner

### Ground Turkey Stuffed Zucchini Boats

Zucchini halved and filled with seasoned lean ground turkey, diced tomato, onion, garlic, Italian herbs, topped with low-fat mozzarella and baked until golden

#### ■ HER

2 zucchini boats, 4oz turkey filling

**370 kcal**

#### ■ HIM

3 zucchini boats, 6oz turkey filling, extra mozzarella

**540 kcal**

■ Cook tonight: Stuffed Zucchini Boats — make DOUBLE (extra boats). Pack Thursday lunch containers before eating.

Daily Totals

■ Her: 1,170 kcal

■ His: 1,760 kcal

# THURSDAY - Chinese Homestyle

Cook dinner double · pack lunch containers before eating · ■ orange = leftover

## ■ Breakfast

### Red Bean & Rice Congee

Smooth jasmine rice porridge with red adzuki beans, a touch of rock sugar, goji berries — classic nourishing Chinese breakfast

#### ■ HER

½ cup rice, ¼ cup red beans, goji berries

**260 kcal**

#### ■ HIM

¾ cup rice, ½ cup red beans, goji berries

**390 kcal**

## ■ Lunch

### ■ Leftover: Stuffed Zucchini Boats (from Wednesday)

Wednesday's zucchini boats reheated in the oven or microwave — the turkey filling firms up nicely and the cheese gets a little crispy on top. No cooking needed

#### ■ HER

2 zucchini boats from Wed

**340 kcal**

#### ■ HIM

3 zucchini boats from Wed + side salad

**510 kcal**

## ■ Snack

### Steamed Peanuts with Chinese Five Spice

Steamed peanuts seasoned with Chinese five spice and a pinch of salt — classic Chinese street snack, naturally satisfying

#### ■ HER

2 tbsp shelled peanuts

**110 kcal**

#### ■ HIM

3 tbsp shelled peanuts + green tea

**160 kcal**

## ■ Dinner

### ■ Salmon with Black Bean Sauce, Chinese Broccoli & Jasmine Rice

Salmon fillet baked with fermented black bean sauce, garlic, ginger, sesame oil, steamed Chinese broccoli (gai lan), jasmine rice

#### ■ HER

5oz salmon, ½ cup rice, gai lan

**450 kcal**

#### ■ HIM

7oz salmon, ¾ cup rice, gai lan

**610 kcal**

■ Cook tonight: Salmon with Black Bean Sauce — make DOUBLE rice & sauce. Pack Friday lunch containers before eating.

Daily Totals

■ Her: 1,160 kcal

■ His: 1,670 kcal

# FRIDAY - American Social

Cook dinner double · pack lunch containers before eating · ■■ orange = leftover

## ■ Breakfast

### Peanut Butter Banana Warm Oats

Rolled oats cooked with almond milk, stirred with natural peanut butter, sliced banana, cinnamon, honey, topped with hemp seeds

#### ■ HER

½ cup oats, 1 tbsp PB, 1 small banana

**380 kcal**

#### ■ HIM

¾ cup oats, 1.5 tbsp PB, 1 large banana, hemp seeds

**570 kcal**

## ■■ Lunch

### ■■ Leftover: Salmon Black Bean Rice Bowl (from Thursday)

Thursday's salmon flaked over leftover rice with black bean sauce — eat warm or cold. Flaked cold salmon over rice with a squeeze of lemon is surprisingly delicious. Zero cooking

#### ■ HER

Thu salmon & rice leftovers, squeeze of lemon

**400 kcal**

#### ■ HIM

Thu salmon & rice leftovers + cucumber salad

**570 kcal**

## ■ Snack

### Hummus & Rainbow Veggie Platter

Roasted garlic hummus with baby carrots, celery sticks, sliced bell pepper and cucumber rounds

#### ■ HER

3 tbsp hummus, 1 cup veg

**130 kcal**

#### ■ HIM

5 tbsp hummus, 1.5 cups veg

**200 kcal**

## ■ Dinner

### ■ Sirloin Chimichurri with Roasted Baby Potatoes & Broccolini

Lean sirloin strips pan-seared, homemade chimichurri (parsley, garlic, olive oil, red wine vinegar, chili flakes), roasted baby potatoes, steamed broccolini

#### ■ HER

4oz sirloin, 6 baby potatoes, broccolini

**440 kcal**

#### ■ HIM

6oz sirloin, 9 baby potatoes, extra chimichurri

**630 kcal**

■ Cook tonight: Steak Chimichurri — make DOUBLE potatoes & protein. Pack Saturday lunch before eating.

Daily Totals

■ Her: 1,350 kcal

■ His: 1,970 kcal

# SATURDAY - Chinese Fusion

Cook dinner double · pack lunch containers before eating · ■■ orange = leftover

## ■ Breakfast

### Sesame Rice Ball Soup (Tang Yuan)

Chewy glutinous rice balls filled with black sesame paste, served in a warm light ginger broth — traditional Chinese sweet breakfast, comforting and unique

#### ■ HER

4 rice balls, ginger broth

**290 kcal**

#### ■ HIM

6 rice balls, ginger broth

**420 kcal**

## ■■ Lunch

### ■■ Leftover: Steak Chimichurri Bowl (from Friday)

Friday's steak sliced thin and served cold or warm over baby greens with leftover potatoes and chimichurri drizzled on top — transforms into a beautiful steak salad. No cooking

#### ■ HER

Fri steak & potatoes over baby greens

**400 kcal**

#### ■ HIM

Fri steak & potatoes over greens + extra chimichurri

**590 kcal**

## ■ Snack

### Chilled Silken Tofu with Soy, Sesame & Scallion

Cold silken tofu with low-sodium soy, toasted sesame oil, sesame seeds, thinly sliced scallion — refreshing and high protein

#### ■ HER

½ block silken tofu

**80 kcal**

#### ■ HIM

¾ block silken tofu + 1 hard-boiled egg

**160 kcal**

## ■ Dinner

### Claypot Chicken & Mushroom Rice

Chicken thigh pieces marinated in soy, oyster sauce, ginger — slow-cooked on top of jasmine rice with shiitake mushrooms, bok choy, sesame oil finish

#### ■ HER

4oz chicken, ½ cup rice, shiitake, bok choy

**410 kcal**

#### ■ HIM

7oz chicken, ¾ cup rice, extra mushrooms

**610 kcal**

■ Cook tonight: Claypot Chicken Rice — make **DOUBLE**. Pack Sunday lunch containers before eating.

Daily Totals

■ Her: 1,180 kcal

■ His: 1,780 kcal

# SUNDAY - East Meets West

Cook dinner double · pack lunch containers before eating · ■■ orange = leftover

## ■ Breakfast

### French Toast with Greek Yogurt & Strawberries

Whole wheat bread soaked in egg & almond milk, pan-cooked with a light spray, topped with non-fat Greek yogurt, fresh strawberries, drizzle of honey

#### ■ HER

2 slices French toast, ¼ cup yogurt

**320 kcal**

#### ■ HIM

3 slices French toast, ½ cup yogurt, extra berries

**500 kcal**

## ■■ Lunch

### ■■ Leftover: Claypot Chicken & Mushroom Rice (from Saturday)

Saturday's claypot chicken reheated — the rice absorbs all the soy-ginger flavours overnight and becomes even more fragrant. Top with a drizzle of sesame oil and fresh scallion

#### ■ HER

Sat chicken & mushroom rice leftovers

**380 kcal**

#### ■ HIM

Sat chicken & rice leftovers + bok choy side

**570 kcal**

## ■ Snack

### Warm Matcha Almond Milk Latte + Walnuts

Unsweetened almond milk frothed with matcha powder and a tiny drizzle of honey served warm, with a small handful of walnuts on the side

#### ■ HER

1 cup matcha latte, 6 walnuts

**150 kcal**

#### ■ HIM

1 cup matcha latte, 10 walnuts

**220 kcal**

## ■ Dinner

### Slow-Cooked Beef & Vegetable Stew

Lean beef chuck cubed, slow-cooked 2–3 hours with carrots, celery, baby potatoes, onion, garlic, tomato paste, low-sodium beef broth, rosemary & thyme

#### ■ HER

4oz beef, 1.5 cups veg in rich broth

**380 kcal**

#### ■ HIM

6oz beef, 2 cups veg + 1 slice crusty bread

**580 kcal**

■ Cook tonight: Slow-Braised Beef Stew — make a BIG batch. This becomes NEXT Monday's lunch and closes the loop!

Daily Totals

■ Her: 1,230 kcal

■ His: 1,870 kcal

COMBINED WEEKLY GROCERY SHOPPING LIST · 2 PEOPLE

# One Trip. Cook Once. Eat Twice.

All dinner quantities already doubled to cover both dinner AND next-day lunch

■ Orange border = leftover meal — grab container from fridge, zero cooking needed for lunch all week

## ■ Proteins, Seafood & Meat · all quantities doubled for leftovers

<p>■ <b>Chicken breast (boneless, skinless)</b> ~3.5 lbs <i>Mon Chipotle bowl dinner + Tue leftover lunch</i></p>	<p>■ <b>Chicken thighs (bone-in)</b> ~3 lbs (7 pcs) <i>Sat claypot rice dinner + Sun leftover lunch</i></p>
<p>■ <b>Lean lamb (leg/shoulder, sliced)</b> ~2.5 lbs <i>Tue cumin lamb dinner + Wed leftover lunch</i></p>	<p>■ <b>Lean sirloin steak</b> ~2 lbs <i>Fri chimichurri dinner + Sat leftover lunch</i></p>
<p>■ <b>Lean beef chuck (stew)</b> ~3.5 lbs <i>Sun stew dinner + Mon leftover lunch (big batch)</i></p>	<p>■ <b>Lean ground turkey</b> ~3 lbs <i>Wed stuffed zucchini dinner + Thu leftover lunch</i></p>
<p>■ <b>Atlantic salmon fillet</b> 2 pieces (5oz + 7oz) <i>Thu black bean dinner + Fri leftover lunch</i></p>	<p>■ <b>Lean ground pork</b> ½ lb <i>Tue scallion pancake wrap</i></p>
<p>■ <b>Eggs (large)</b> 3 dozen <i>Breakfasts + egg muffins all week</i></p>	<p>■ <b>Low-fat cottage cheese</b> 2 × 16oz containers <i>Mon cottage cheese pancakes</i></p>
<p>■ <b>Low-fat string cheese</b> 1 pack (10 sticks) <i>Mon snack — her 1, his 2</i></p>	<p>■ <b>Silken tofu</b> 2 × 14oz blocks <i>Sat chilled tofu snack</i></p>
<p>■ <b>Whey protein powder</b> 1 container <i>Optional smoothies</i></p>	

## ■ Produce & Vegetables · doubled where used for leftovers

<p>■ <b>Baby spinach</b> 2 × 5oz bags <i>Wed egg muffins, Sat leftover steak salad base</i></p>	<p>■ <b>Mixed baby greens</b> 1 × 5oz bag <i>Sat leftover steak chimichurri salad</i></p>
<p>■ <b>Bok choy (baby)</b> 2 bags (~10 heads) <i>Sat claypot rice, Sun leftover, Thu salmon side</i></p>	<p>■ <b>Chinese broccoli (gai lan)</b> 1 bunch <i>Thu salmon dinner + Fri leftover</i></p>
<p>■ <b>Broccoli</b> 1 head <i>Optional sides</i></p>	<p>■ <b>Broccolini</b> 2 bunches <i>Fri chimichurri dinner + Sat leftover</i></p>
<p>■ <b>Zucchini (medium)</b> 10–12 <i>Wed dinner: 2 boatsxher + 3 boatsxhis = 5, DOUBLE = 10</i></p>	<p>■ <b>Bell peppers (red/yellow/green)</b> 6 <i>Tue cumin lamb, Wed egg muffins, Fri hummus platter</i></p>
<p>■ <b>Shiitake mushrooms (fresh)</b> 2 × 8oz packs <i>Wed egg muffins, Sat claypot rice</i></p>	<p>■ <b>Carrots (bag)</b> 1 × 1 lb bag <i>Sun beef stew</i></p>

<b>■ Celery</b> <i>Sun beef stew, Fri hummus platter</i>	1 bunch	<b>■ Baby potatoes</b> <i>Fri chimichurri dinner + Sat leftover — double needed</i>	~2 lbs
<b>■ Baby spinach / romaine (for bowls)</b> <i>Mon chipotle bowl + Tue leftover</i>	1 large head	<b>■ Tomatoes (medium, fresh)</b> <i>Wed stuffed zucchini filling — doubled</i>	4
<b>■ Cherry tomatoes</b> <i>Mon pico de gallo for chipotle bowl</i>	1 pint	<b>■ Onion (yellow)</b> <i>Sun stew, Mon chipotle, Tue lamb, Wed zucchini filling</i>	5
<b>■ Red onion</b> <i>Mon chipotle pico de gallo</i>	1	<b>■ Scallions / green onions</b> <i>Tue, Sat, Sun reheats</i>	2 bunches
<b>■ Ginger (fresh, large knobs)</b> <i>Tue, Thu, Sat, Sun</i>	2 knobs	<b>■ Garlic (fresh)</b> <i>Used all week</i>	3 heads
<b>■ Fresh parsley (flat-leaf)</b> <i>Fri chimichurri sauce</i>	1 bunch	<b>■ Fresh cilantro</b> <i>Mon chipotle bowl, Tue cumin lamb</i>	1 bunch
<b>■ Fresh rosemary &amp; thyme</b> <i>Sun beef stew</i>	1 bunch each	<b>■ Cucumber (large)</b> <i>Tue wrap, Fri hummus platter, Fri leftover salmon</i>	3
<b>■ Avocado</b> <i>Mon chipotle guacamole — doubled</i>	3	<b>■ Lemon</b> <i>Thu salmon, Fri leftover, general</i>	3
<b>■ Lime</b> <i>Mon chipotle crema, Tue leftover refresh</i>	3	<b>■ Banana (large)</b> <i>Fri oats</i>	4
<b>■ Apple (medium + large)</b> <i>Wed apple nachos — her med, his large</i>	3+2	<b>■ Pear (small + large)</b> <i>Mon snack — her small, his large</i>	2+2
<b>■ Strawberries (fresh)</b> <i>Sun French toast</i>	1 pint	<b>■ Mixed berries (fresh or frozen)</b> <i>Mon cottage cheese pancakes</i>	1 x 12oz bag
<b>■ Corn (frozen)</b> <i>Mon chipotle bowl — doubled</i>	1 small bag	<b>■ Matcha powder (culinary)</b> <i>Sun snack latte</i>	1 small tin

## ■ Dairy & Refrigerated

<b>■ Non-fat plain Greek yogurt</b> <i>Mon lime crema, Sun French toast, Thu snack</i>	1 x 32oz tub	<b>■ Low-fat feta (crumbled)</b> <i>Wed egg muffins</i>	1 small container
<b>■ Low-fat shredded mozzarella</b> <i>Wed stuffed zucchini boats — doubled</i>	1 x 8oz bag	<b>■ Parmesan (grated)</b> <i>Wed zucchini optional topping</i>	1 small wedge
<b>■ Unsweetened almond milk</b> <i>Fri oats, Sun French toast, Sun latte</i>	2 x half-gallon	<b>■ Low-sodium beef broth</b> <i>Sun big-batch stew — needs good volume</i>	2 x 32oz cartons
<b>■ Tomato paste (small can)</b> <i>Sun beef stew</i>	1 x 6oz can	<b>■ Low-sodium chicken broth</b> <i>Thu red bean congee optional</i>	1 x 32oz carton
<b>■ Hummus (roasted garlic)</b> <i>Fri snack platter</i>	1 x 10oz tub	<b>■ Whole wheat tortillas (small)</b> <i>Tue scallion wrap, Wed leftover lamb wrap option</i>	1 pack
<b>■ Whole wheat bread (sliced)</b> <i>Sun French toast, Mon leftover stew bread</i>	1 loaf	<b>■ Walnuts</b> <i>Sun matcha latte snack</i>	1 small bag
<b>■ Hemp seeds</b> <i>Fri oats</i>	1 small bag		

## ■ Grains, Pasta & Dry Goods

<b>■ Brown rice</b> <i>Mon chipotle bowl, Tue lamb, general — double portions</i>	1 × 5 lb bag	<b>■ Jasmine rice</b> <i>Thu salmon, Sat claypot — double for leftovers</i>	1 × 2 lb bag
<b>■ Rolled oats</b> <i>Fri warm oats breakfast</i>	1 × 42oz canister	<b>■ Glutinous rice flour (for tang yuan)</b> <i>Sat sesame rice balls</i>	1 small bag
<b>■ Black sesame paste (jar)</b> <i>Sat tang yuan filling</i>	1 small jar	<b>■ Red adzuki beans (dry or canned)</b> <i>Thu sweet red bean congee</i>	1 small bag/can
<b>■ Goji berries (dried)</b> <i>Thu sweet congee</i>	1 small bag	<b>■ Black beans (canned)</b> <i>Mon chipotle bowl DOUBLE portions</i>	2 × 15oz cans
<b>■ Low-fat cottage cheese</b> <i>Mon pancake batter</i>	2 × 16oz containers	<b>■ Granola (low-sugar)</b> <i>Mon pancakes, Wed apple nachos</i>	1 small bag
<b>■ Almond butter</b> <i>Wed apple nachos</i>	1 jar	<b>■ Peanut butter (natural)</b> <i>Fri warm oats</i>	1 jar
<b>■ Peanuts (raw, for steaming)</b> <i>Thu five spice snack</i>	1 small bag	<b>■ Sesame seeds</b> <i>Tue wrap, Sat tofu snack</i>	1 small jar
<b>■ Chia seeds</b> <i>Wed apple nachos</i>	1 bag		

## ■ Sauces, Condiments & Pantry

<b>■ Low-sodium soy sauce</b> <i>Tue lamb, Thu salmon, Sat claypot, Sun</i>	1 large bottle	<b>■ Oyster sauce (low-sodium)</b> <i>Sat claypot chicken</i>	1 bottle
<b>■ Fermented black bean sauce</b> <i>Thu salmon dinner + Fri leftover</i>	1 small jar	<b>■ Hoisin sauce</b> <i>Tue scallion pancake wrap</i>	1 bottle
<b>■ Sesame oil (toasted)</b> <i>Tue, Thu, Sat, Sun</i>	1 bottle	<b>■ White miso paste</b> <i>Tue edamame miso snack dip</i>	1 small tub
<b>■ Rice vinegar</b> <i>Tue, general</i>	1 bottle	<b>■ Red wine vinegar</b> <i>Fri chimichurri sauce</i>	1 bottle
<b>■ Extra virgin olive oil</b> <i>Fri chimichurri, Wed sheet pan, general</i>	1 bottle	<b>■ Cumin (ground)</b> <i>Tue cumin lamb stir-fry</i>	1 jar
<b>■ Chinese five spice powder</b> <i>Thu steamed peanut snack, Sat</i>	1 small jar	<b>■ Chili flakes</b> <i>Tue lamb, Fri chimichurri</i>	1 jar
<b>■ Cinnamon (ground)</b> <i>Fri oats, Wed apple nachos</i>	1 jar	<b>■ Italian seasoning</b> <i>Wed stuffed zucchini boats</i>	1 bottle
<b>■ Rock sugar (small bag)</b> <i>Thu red bean congee</i>	1 small bag	<b>■ Honey (raw)</b> <i>Mon pancakes, Wed nachos, Sun French toast</i>	1 jar
<b>■ Salsa / pico de gallo (jar)</b> <i>Mon chipotle bowl + Tue leftover</i>	1 × 16oz jar	<b>■ BBQ or chipotle hot sauce</b> <i>Mon chipotle bowl</i>	1 bottle
<b>■ Sea salt &amp; black pepper</b> <i>All week</i>	Stocked		

## ■ Supplements & Household

### ■ Whey protein powder (shared)

*Optional smoothies & oats*

1 large tub

### ■ Fish oil capsules — HIM

*Heart health & inflammation — age 52*

1 bottle

### ■ 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 (shared)

*Zero-cal soda substitute*

24-pack

### ■ Green tea bags (shared)

*Metabolism support, zero calories*

1 box

### ■ Glass meal prep containers

*Label HER / HIM + day — pack before eating*

Set of 14

## Leftover Tips

Pack containers BEFORE sitting down to eat · Store rice/grains separately from sauce · Cold salmon over rice next day = surprisingly good · Steak leftovers become a cold chimichurri salad — no reheat needed