

Cook Once. Eat Twice.

Mon–Wed lunches promoted to dinner · Thu–Sun original dinners · Self-closing leftover loop

■ HER

Goal: Lose 40 lbs

~1,055–1,210 cal/day

Smaller portions · ~110g protein/day

■ HIM

Goal: Lose 50 lbs · Age 52

~1,590–1,860 cal/day

Larger portions · ~150g protein/day

■■ Self-Closing Leftover Loop — Mon–Wed lunches promoted to dinner

Sun	Honey Mustard Pork Chop	→	Mon	Pork Chop sliced over quinoa
Mon	Chicken Shawarma Bowl	→	Tue	Shawarma Bowl reheated
Tue	Shanghai Pork Ribs + Rice	→	Wed	Pork Ribs reheated
Wed	■ Cajun Shrimp Bowl	→	Thu	Cajun Shrimp Bowl reheated
Thu	Shanghai Pork Ribs + Rice	→	Fri	Pork Ribs rice bowl reheated
Fri	Chicken Enchilada Bowl	→	Sat	Enchilada Bowl reheated
Sat	Char Siu Chicken Cauli Rice	→	Sun	Char Siu Fried Rice (5 min)

How it works: Mon/Tue/Wed — the original Week 4 lunches are promoted to dinner for a heartier evening meal. Thu–Sun keep the original Week 4 dinners. Every night cook **DOUBLE** and immediately pack tomorrow's lunch containers (label HER & HIM) before sitting down to eat. **Consult your doctor before starting any new diet plan.**

Weekly Overview

Day	Dinner (cook double)	■■ Next day lunch	■ Cal	■ Cal
Mon	Chicken Shawarma Bowl	→ Chicken Shawarma Bowl	1,210	1,860
Tue	Shanghai-Style Red-Braised Pork Ribs with Bok Choy & Rice	→ Shanghai Red-Braised Pork Ribs & Rice	1,055	1,680
Wed	Cajun Shrimp & Brown Rice Bowl	→ Cajun Shrimp & Rice Bowl	1,210	1,860
Thu	Shanghai-Style Red-Braised Pork Ribs with Bok Choy & Rice	→ Shanghai Pork Ribs & Rice	1,110	1,670
Fri	Slow-Cooker Chicken Enchilada Bowl	→ Chicken Enchilada Bowl	1,170	1,790

Sat	Char Siu Style Chicken Thighs with Garlic Cauliflower Fried Rice	→ <i>Char Siu Chicken Cauliflower Fried Rice</i>	1,120	1,730
Sun	Honey Mustard Pork Chop with Quinoa & Roasted Brussels Sprouts	→ <i>Honey Mustard Pork Chop with Quinoa & Brussels Sprouts</i>	1,200	1,820

MONDAY - American Mediterranean

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

■ Breakfast

Shakshuka — Eggs Poached in Spiced Tomato Sauce

Eggs poached in spiced tomato, bell pepper & onion sauce with cumin, smoked paprika and garlic, served with whole wheat pita

■ HER

2 eggs, ½ cup sauce, 1 small pita

310 kcal

■ HIM

3 eggs, ¾ cup sauce, 1 large pita

490 kcal

■■ Lunch

■■ Leftover: Honey Mustard Pork Chop with Quinoa & Brussels Sprouts (from Sunday)

Sunday's pork chop sliced thin over leftover quinoa with roasted Brussels sprouts — eat warm or cold. Add a little extra Dijon if desired. Zero cooking

■ HER

Sun pork chop sliced, quinoa, Brussels sprouts

360 kcal

■ HIM

Sun pork chop sliced, quinoa, Brussels sprouts + side salad

550 kcal

■ Snack

Medjool Dates + Almond Butter

Fresh Medjool dates, natural almond butter for dipping

■ HER

2 dates, 1 tbsp almond butter

160 kcal

■ HIM

3 dates, 1.5 tbsp almond butter

240 kcal

■ Dinner

Chicken Shawarma Bowl

Marinated chicken breast (cumin, turmeric, garlic, lemon), romaine, tomato, cucumber, red onion, tzatziki, quinoa or brown rice

■ HER

4oz chicken, ½ cup quinoa, 2 tbsp tzatziki

380 kcal

■ HIM

7oz chicken, ¾ cup quinoa, 3 tbsp tzatziki

580 kcal

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

Daily Totals

■ Her: 1,210 kcal

■ His: 1,860 kcal

TUESDAY - Chinese Shanghai Style

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

■ Breakfast

Savory Soy Milk Soup with Baked Dough Stick

Warm unsweetened soy milk seasoned with soy sauce, sesame oil, scallion, with a baked (not fried) dough stick on the side

■ HER

1 cup soy milk, 1 small dough stick

250 kcal

■ HIM

1.5 cups soy milk, 2 small dough sticks

420 kcal

■ Lunch

■ Leftover: Chicken Shawarma Bowl (from Monday)

Monday's shawarma bowl reheated — the marinated chicken is even more flavourful the next day. Add a squeeze of lemon to refresh. Zero cooking

■ HER

Mon chicken, quinoa, veg, tzatziki

350 kcal

■ HIM

Mon chicken, quinoa, veg, tzatziki + extra pita

540 kcal

■ Snack

Smashed Cucumber with Sesame & Rice Vinegar

Fresh cucumber smashed and tossed with rice vinegar, sesame oil, garlic, chili flakes, sesame seeds

■ HER

1 large cucumber, light dressing

55 kcal

■ HIM

1 large cucumber + 1 hard-boiled egg

130 kcal

■ Dinner

Shanghai-Style Red-Braised Pork Ribs with Bok Choy & Rice

Lean pork ribs braised in soy sauce, Shaoxing wine, ginger, garlic, brown sugar — jasmine rice, steamed bok choy

■ HER

4oz ribs (lean), ½ cup rice, 2 bok choy

400 kcal

■ HIM

6oz ribs (lean), ¾ cup rice, 3 bok choy

590 kcal

■ Cook tonight: Red-Braised Pork Ribs — make DOUBLE. Pack Wednesday lunch containers before eating.

Daily Totals

■ Her: 1,055 kcal

■ His: 1,680 kcal

WEDNESDAY - American Power

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

■ Breakfast

High-Protein Egg Scramble with Smashed Avocado Toast

Whole eggs + egg whites scrambled with cherry tomatoes, spinach, mushrooms, served alongside smashed avocado on whole wheat toast

■ HER

2 eggs + 2 whites, ¼ avocado, 1 slice toast

330 kcal

■ HIM

3 eggs + 3 whites, ½ avocado, 2 slices toast

530 kcal

■■ Lunch

■■ Leftover: Shanghai Red-Braised Pork Ribs & Rice (from Tuesday)

Tuesday's braised ribs reheated — the sauce thickens overnight and coats the ribs beautifully. Serve over fresh steamed bok choy if available. 3-minute microwave

■ HER

Tue ribs, rice, bok choy reheated

370 kcal

■ HIM

Tue ribs, rice, bok choy + side cucumber salad

560 kcal

■ Snack

Greek Yogurt with Walnuts & Honey

Plain non-fat Greek yogurt, chopped walnuts, drizzle of raw honey

■ HER

½ cup yogurt, 6 walnuts, ½ tsp honey

170 kcal

■ HIM

¾ cup yogurt, 10 walnuts, 1 tsp honey

250 kcal

■ Dinner

■ Cajun Shrimp & Brown Rice Bowl

Shrimp tossed in Cajun seasoning, sautéed with bell pepper, onion, corn, served over brown rice with lime and fresh cilantro

■ HER

4oz shrimp, ½ cup rice, 1 cup veg

340 kcal

■ HIM

7oz shrimp, ¾ cup rice, 1.5 cups veg

520 kcal

■ Cook tonight: Cajun Shrimp Bowl — make DOUBLE. Pack Thursday lunch containers before eating.

Daily Totals

■ Her: 1,210 kcal

■ His: 1,860 kcal

THURSDAY · Chinese Yunnan Style

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

■ Breakfast

Crossing-the-Bridge Noodles

Thin rice noodles in clear rich chicken broth — sliced chicken, soft egg, bean sprouts, scallion, white pepper added tableside

■ HER

½ cup noodles, 2oz chicken, 1 egg

310 kcal

■ HIM

¾ cup noodles, 3oz chicken, 1 egg

450 kcal

■ Lunch

■ Leftover: Cajun Shrimp & Rice Bowl (from Wednesday)

Wednesday's Cajun shrimp reheated over leftover rice — the spices deepen overnight. Squeeze fresh lime over the top and add a pinch of extra cilantro. 3-minute reheat

■ HER

Wed shrimp, rice, veg reheated, lime squeeze

310 kcal

■ HIM

Wed shrimp, rice, veg reheated + sliced avocado

490 kcal

■ Snack

Dried Longan & Wolfberry (Goji) Mix

Dried longan fruit and goji berries — a classic Chinese tonic snack, naturally sweet

■ HER

2 tbsp longan, 1 tbsp goji

90 kcal

■ HIM

3 tbsp longan, 2 tbsp goji berries

140 kcal

■ Dinner

Shanghai-Style Red-Braised Pork Ribs with Bok Choy & Rice

Lean pork ribs braised in soy sauce, Shaoxing wine, ginger, garlic, brown sugar until sticky and tender — steamed bok choy, jasmine rice

■ HER

4oz ribs (lean), ½ cup rice, 2 bok choy

400 kcal

■ HIM

6oz ribs (lean), ¾ cup rice, 3 bok choy

590 kcal

■ Cook tonight: Red-Braised Pork Ribs — make DOUBLE. Pack Friday lunch containers before eating.

Daily Totals

■ Her: 1,110 kcal

■ His: 1,670 kcal

FRIDAY · American Fiesta

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

■ Breakfast

Huevos Rancheros (Light)

Corn tortilla topped with black bean spread, fried egg, fresh tomato salsa, sliced avocado, cilantro and lime — light and fresh

■ HER

1 corn tortilla, 1 egg, ¼ avocado

310 kcal

■ HIM

2 corn tortillas, 2 eggs, ½ avocado

510 kcal

■ Lunch

■ Leftover: Shanghai Pork Ribs & Rice (from Thursday)

Thursday's red-braised ribs reheated — the rich soy-ginger sauce thickens even more overnight. Serve with leftover rice and a fresh bok choy if you have one. 3-minute microwave

■ HER

Thu pork ribs, rice, bok choy reheated

370 kcal

■ HIM

Thu pork ribs, rice, bok choy + cucumber side

550 kcal

■ Snack

Fresh Mango Slices with Tajín & Lime

Fresh ripe mango slices dusted with Tajín chili-lime seasoning and a squeeze of fresh lime

■ HER

½ cup mango

80 kcal

■ HIM

¾ cup mango

110 kcal

■ Dinner

Slow-Cooker Chicken Enchilada Bowl

Chicken breast slow-cooked in light enchilada sauce, served over brown rice with black beans, roasted corn, low-fat cheese, scallion and Greek yogurt dollop

■ HER

4oz chicken, ½ cup rice, ¼ cup beans

410 kcal

■ HIM

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

620 kcal

■ Cook tonight: Chicken Enchilada Bowl — make DOUBLE. Pack Saturday lunch containers before eating.

Daily Totals

■ Her: 1,170 kcal

■ His: 1,790 kcal

SATURDAY - Chinese Dim Sum Style

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

■ Breakfast

Steamed Shrimp & Chive Dumplings (Har Gow Style)

Delicate steamed dumplings filled with shrimp and garlic chives, light soy & rice vinegar dipping sauce

■ HER

4 dumplings, dipping sauce

240 kcal

■ HIM

7 dumplings, dipping sauce

410 kcal

■ Lunch

■ Leftover: Chicken Enchilada Bowl (from Friday)

Friday's enchilada chicken reheated over rice — even better the next day as the sauce soaks deeper. Top with fresh scallion and a spoon of Greek yogurt. 3-minute microwave

■ HER

Fri chicken, rice, beans, toppings reheated

380 kcal

■ HIM

Fri chicken, rice, beans, toppings + extra corn

570 kcal

■ Snack

Steamed Taro with Honey

Steamed taro root cubes with a light drizzle of honey — naturally sweet, high fibre

■ HER

½ cup taro, ½ tsp honey

120 kcal

■ HIM

¾ cup taro, 1 tsp honey

180 kcal

■ Dinner

Char Siu Style Chicken Thighs with Garlic Cauliflower Fried Rice

Chicken thighs glazed with hoisin, soy, honey, five spice — served with garlic-fried cauliflower rice and steamed broccolini

■ HER

4oz chicken, 1 cup cauli rice, broccolini

380 kcal

■ HIM

7oz chicken, 1.5 cups cauli rice, broccolini

570 kcal

■ Cook tonight: Char Siu Chicken — make DOUBLE. Pack Sunday lunch containers before eating.

Daily Totals

■ Her: 1,120 kcal

■ His: 1,730 kcal

SUNDAY - East Meets West

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

■ Breakfast

Oatmeal Congee — Warm Fusion Bowl

Steel-cut oats simmered in almond milk and chicken broth, Asian-style with scallion, soft-boiled egg, sesame oil — a cosy East-West fusion breakfast

■ HER

½ cup oats, 1 soft-boiled egg

300 kcal

■ HIM

¾ cup oats, 2 soft-boiled eggs

460 kcal

■ Lunch

■ Leftover: Char Siu Chicken Cauliflower Fried Rice (from Saturday)

Saturday's char siu chicken diced and tossed back through the cauliflower fried rice in a hot pan with an extra egg — transforms in 5 minutes into a brand new fried rice dish

■ HER

Sat char siu chicken + cauli rice, 1 egg tossed in

350 kcal

■ HIM

Sat char siu chicken + cauli rice, 2 eggs + extra soy

540 kcal

■ Snack

Lychee & Cottage Cheese Bowl

Fresh or canned lychees (in juice, not syrup) with low-fat cottage cheese — light and tropical

■ HER

½ cup lychee, ½ cup cottage cheese

140 kcal

■ HIM

¾ cup lychee, ¾ cup cottage cheese

210 kcal

■ Dinner

Honey Mustard Pork Chop with Quinoa & Roasted Brussels Sprouts

Center-cut pork chop glazed with honey Dijon mustard, roasted Brussels sprouts with garlic, quinoa pilaf

■ HER

4oz pork chop, ½ cup quinoa, 1 cup Brussels sprouts

410 kcal

■ HIM

7oz pork chop, ¾ cup quinoa, 1.5 cups Brussels sprouts

610 kcal

■ Cook tonight: Honey Mustard Pork Chop — make DOUBLE. This becomes NEXT Monday's lunch and closes the loop!

Daily Totals

■ Her: 1,200 kcal

■ His: 1,820 kcal

COMBINED WEEKLY GROCERY SHOPPING LIST · 2 PEOPLE

One Trip. Cook Once. Eat Twice.

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

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

■ Proteins & Seafood · dinner quantities doubled for leftovers

<p>■ Chicken breast (boneless, skinless) ~4 lbs <i>Mon shawarma dinner + Tue leftover; Fri enchilada + Sat leftover</i></p>	<p>■ Chicken thighs (bone-in) ~3 lbs (7 pieces) <i>Sat char siu dinner + Sun leftover fried rice</i></p>
<p>■ Bok choy (baby) 3 bags (~15 heads) <i>Tue braised ribs + Wed leftover; Thu braised ribs + Fri leftover</i></p>	<p>■ Large shrimp (peeled, deveined) ~2 lbs ■ <i>Wed Cajun dinner + Thu leftover — double needed</i></p>
<p>■ Lean pork spare ribs ~4.5 lbs total <i>Tue Shanghai braised (DOUBLE) + Thu Shanghai braised (DOUBLE)</i></p>	<p>■ Center-cut pork chop 2 pieces (4oz + 7oz) <i>Sun honey mustard dinner + Mon leftover — double</i></p>
<p>■ Eggs (large) 3 dozen <i>Used every day — both people</i></p>	<p>■ Low-fat cottage cheese 2 × 16oz containers <i>Sun lychee snack</i></p>
<p>■ Whey protein powder 1 container <i>Optional smoothies</i></p>	

■ Produce & Vegetables · doubled where used for next-day leftovers

<p>■ Baby spinach 1 × 5oz bag <i>Wed egg scramble breakfast</i></p>	<p>■ Romaine lettuce 1 large head <i>Mon shawarma bowl + Tue leftover</i></p>
<p>■ Mushrooms (button or cremini) 1 × 8oz pack <i>Wed egg scramble breakfast</i></p>	<p>■ Bok choy (baby) 2 bags (~10 heads) <i>Tue braised ribs dinner + Wed leftover</i></p>
<p>■ Broccolini 2 bunches <i>Sat char siu dinner + Sun leftover fried rice</i></p>	<p>■ Bean sprouts 1 × 8oz bag <i>Thu crossing-the-bridge noodles</i></p>
<p>■ Brussels sprouts 1.5 lb bag <i>Sun honey mustard pork chop — double for Mon leftover</i></p>	<p>■ Bell peppers (red/yellow/green) 5 <i>Mon shakshuka, Wed Cajun shrimp — double Cajun</i></p>
<p>■ Cherry tomatoes 2 pints <i>Mon shakshuka, Wed egg scramble</i></p>	<p>■ Tomatoes (medium) 3 <i>Fri huevos rancheros salsa, Mon shawarma</i></p>
<p>■ Cauliflower (large head) 2 <i>Sat char siu cauliflower fried rice — double for Sun</i></p>	<p>■ Cucumber (large) 4 <i>Tue sesame snack, Mon shawarma, Fri leftover pork side</i></p>
<p>■ Avocado 3 <i>Wed scramble, Fri huevos, Thu leftover shrimp</i></p>	<p>■ Onion (yellow) 4 <i>Mon shawarma, Tue ribs, Wed Cajun, Fri enchilada</i></p>

■ Red onion <i>Mon shawarma bowl</i>	1	■ Scallions / green onions <i>Tue, Thu, Sat, Sun — all Chinese meals</i>	2 bunches
■ Ginger (fresh knob) <i>Tue & Thu Shanghai ribs, Sat char siu</i>	2 large knobs	■ Garlic (fresh) <i>Used all week</i>	3 heads
■ Fresh cilantro <i>Mon shawarma, Wed Cajun shrimp, Fri huevos</i>	1 bunch	■ Garlic chives <i>Sat har gow dumpling filling</i>	1 bunch
■ Lemon <i>Mon shawarma marinade, general</i>	3	■ Lime <i>Wed Cajun, Fri huevos & mango snack</i>	3
■ Mango (fresh, ripe) <i>Fri Tajín snack</i>	2	■ Medjool dates <i>Mon snack — her 2, his 3</i>	1 small box
■ Lychee (canned in juice or fresh) <i>Sun lychee cottage cheese snack</i>	1 can/bag	■ Corn (frozen) <i>Wed Cajun shrimp, Fri enchilada bowl — double</i>	1 small bag
■ Taro root (medium) <i>Sat steamed taro snack</i>	1		

■ Dairy & Refrigerated

■ Non-fat plain Greek yogurt <i>Mon tzatziki, Fri enchilada dollop, Wed snack</i>	1 × 32oz tub	■ Low-fat shredded cheese <i>Fri enchilada bowl + Sat leftover</i>	1 × 8oz bag
■ Unsweetened almond milk <i>Sun oatmeal congee, general</i>	2 × half-gallon cartons	■ Unsweetened soy milk <i>Tue soy milk breakfast</i>	1 × half-gallon
■ Low-sodium chicken broth <i>Thu crossing-the-bridge noodles, Sun oatmeal</i>	1 × 32oz carton	■ Tzatziki sauce <i>Mon chicken shawarma bowl + Tue leftover</i>	1 × 8oz tub
■ Salsa (jar) <i>Fri huevos rancheros</i>	1 × 16oz jar	■ Light enchilada sauce (can) <i>Fri chicken enchilada bowl — doubled</i>	1 × 10oz can
■ Black beans (canned) <i>Fri enchilada bowl, Fri huevos — doubled</i>	2 × 15oz cans	■ Corn tortillas <i>Fri huevos rancheros</i>	1 pack (12)
■ Whole wheat bread (sliced) <i>Wed scramble toast</i>	1 loaf	■ Walnuts <i>Wed yogurt snack</i>	1 small bag

■ Grains, Pasta & Dry Goods

■ Brown rice <i>Mon/Tue/Wed/Fri/Sat — multiple days, doubled for leftovers</i>	1 × 5 lb bag	■ Jasmine rice <i>Tue & Thu Shanghai ribs — both doubled</i>	1 × 2 lb bag
■ Quinoa <i>Mon shawarma, Sun pork chop — doubled for Mon leftover</i>	1 × 2 lb bag	■ Steel-cut oats <i>Sun oatmeal congee breakfast</i>	1 × 24oz canister
■ Thin rice noodles (vermicelli) <i>Thu crossing-the-bridge noodles</i>	1 × 8oz pack	■ Har gow dumpling wrappers (or frozen) <i>Sat steamed shrimp dumplings</i>	1 pack
■ Almond butter <i>Mon date snack</i>	1 jar	■ Honey (raw) <i>Mon dates, Sat taro, Sun pork chop glaze</i>	1 small jar

■ Sesame seeds <i>Tue cucumber snack, Thu, Sat, Sun</i>	1 small jar	■ Dried longan (fruit) <i>Thu snack</i>	1 small bag
■ Goji berries (dried) <i>Thu snack</i>	1 small bag	■ Cajun seasoning blend <i>Wed Cajun shrimp bowl — doubled</i>	1 bottle
■ Tajin seasoning <i>Fri mango snack</i>	1 bottle		

■ Sauces, Condiments & Pantry

■ Low-sodium soy sauce <i>Tue & Thu ribs, Sat char siu, Sun congee</i>	1 large bottle	■ Oyster sauce (low-sodium) <i>Sat char siu chicken</i>	1 bottle
■ Hoisin sauce <i>Sat char siu glaze</i>	1 bottle	■ Shaoxing cooking wine <i>Tue Shanghai braised ribs</i>	1 bottle
■ Sesame oil (toasted) <i>Tue, Thu, Sat, Sun — all Chinese meals</i>	1 bottle	■ Rice vinegar <i>Tue cucumber snack, Sat dumpling dipping sauce</i>	1 bottle
■ Chinese five spice powder <i>Sat char siu chicken</i>	1 small jar	■ Cumin (ground) <i>Mon shawarma marinade</i>	1 jar
■ Turmeric (ground) <i>Mon shawarma marinade</i>	1 jar	■ Smoked paprika <i>Mon shakshuka, Wed Cajun</i>	1 jar
■ White pepper (ground) <i>Thu crossing-the-bridge noodles, Tue</i>	1 small jar	■ Chili flakes <i>Tue cucumber, Mon shakshuka</i>	1 jar
■ Dijon mustard <i>Sun honey mustard pork chop — doubled</i>	1 jar	■ Extra virgin olive oil <i>Mon shakshuka, Wed scramble, general</i>	1 bottle
■ Light butter <i>Optional general use</i>	1 small tub	■ Sea salt & black pepper <i>All week</i>	Stocked

■ Supplements & Household

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

Leftover Tips	Pack containers BEFORE sitting down to eat · Store rice separately from sauces · Pork ribs sauce thickens overnight — even better reheated · Sun char siu becomes fried rice in 5 min with a hot pan + egg
----------------------	--