

Same Meals. One Kitchen. Two Goals.

■ Steak on 5 Days · Chinese & American · Salmon & Shrimp Occasionally

■ HER

Goal: Lose 40 lbs

~1,100–1,360 cal/day

Smaller portions · ~110g protein/day

■ HIM

Goal: Lose 50 lbs · Age 52

~1,700–2,050 cal/day

Larger portions · ~150g protein/day

Steak Week: Both of you enjoy steak on Monday (Ribeye), Wednesday (NY Strip & Fajita Bowl), Thursday (Sichuan Cumin Beef), Friday (Filet Mignon), and Sunday (Steak & Eggs + Short Rib). Lean cuts keep calories in range. Cook one steak, slice to different weights. **Consult your doctor before starting any new diet plan.**

Weekly Overview

Day	Theme	Shared Dinner	■ Cal	■ Cal
Mon	American Steakhouse	■ Pan-Seared Ribeye with Garlic Butter Asparagus & Baked Potato	1,250	1,910
Tue	Chinese Guangdong	Steamed Pork Ribs with Black Bean & Garlic	1,130	1,730
Wed	American Grill Night	■ Grilled New York Strip with Roasted Vegetables & Quinoa	1,320	1,980
Thu	Chinese Sichuan	■ Sichuan Cumin Beef Stir-Fry with Brown Rice	1,200	1,790
Fri	American Date Night	■ Filet Mignon with Mushroom Sauce, Mashed Sweet Potato & Broccolini	1,130	1,760
Sat	Chinese Feast Day	■ Kung Pao Chicken with Shrimp & Brown Rice	1,160	1,830
Sun	East Meets West — Steak Sunday	■ Slow-Braised Short Rib with Mashed Cauliflower & Roasted Carrots	1,360	2,040

MONDAY

American Steakhouse · Cook once, serve two sizes

■ Breakfast

Denver Omelette

Whole eggs with diced lean ham, bell pepper, onion, low-fat cheddar — cooked in a nonstick pan with cooking spray, whole wheat toast

■ HER PORTION

2 eggs, 1oz ham, 1 slice toast

290 kcal

■ HIS PORTION

3 eggs, 2oz ham, 2 slices toast

460 kcal

■ Lunch

Steak & Arugula Salad

Thin-sliced lean sirloin over arugula, shaved Parmesan, cherry tomatoes, red onion, lemon-Dijon vinaigrette

■ HER PORTION

3oz sirloin, 2 cups arugula

310 kcal

■ HIS PORTION

5oz sirloin, 3 cups arugula, extra Parmesan

490 kcal

■ Snack

Greek Yogurt Parfait

Non-fat Greek yogurt, fresh blueberries, a sprinkle of low-sugar granola, drizzle of honey

■ HER PORTION

½ cup yogurt, ½ cup blueberries

160 kcal

■ HIS PORTION

¾ cup yogurt, ¾ cup blueberries, 1 tbsp granola

240 kcal

■ Dinner

■ Pan-Seared Ribeye with Garlic Butter Asparagus & Baked Potato

Lean ribeye steak pan-seared to medium, garlic & rosemary butter finish, roasted asparagus, baked russet potato with Greek yogurt instead of sour cream

■ HER PORTION

4oz ribeye, 8 asparagus spears, ½ medium potato

490 kcal

■ HIS PORTION

7oz ribeye, 12 asparagus spears, 1 medium potato

720 kcal

Daily Totals

■ Her: 1,250 kcal

■ His: 1,910 kcal

TUESDAY

Chinese Guangdong · Cook once, serve two sizes

■ Breakfast

Silky Steamed Egg with Minced Pork

Smooth steamed egg custard with seasoned minced pork, light soy sauce, sesame oil, scallion — soft and comforting

■ HER PORTION

2 eggs, 1oz pork, steamed

210 kcal

■ HIS PORTION

3 eggs, 2oz pork, steamed

350 kcal

■ Lunch

Cantonese Roast Chicken Rice (Siu Gai Fan)

Oven-roasted chicken drumstick with five spice & soy glaze, jasmine rice, cucumber slices, blanched bok choy, light ginger-scallion sauce

■ HER PORTION

1 drumstick (4oz), ½ cup rice, 2 bok choy

390 kcal

■ HIS PORTION

2 drumsticks (6oz), ¾ cup rice, 3 bok choy

570 kcal

■ Snack

Fresh Longan or Lychee with Edamame

Sweet fresh longan or lychee, warm shelled edamame with sea salt

■ HER PORTION

½ cup fruit, ½ cup edamame

140 kcal

■ HIS PORTION

¾ cup fruit, ¾ cup edamame + 1 hard-boiled egg

240 kcal

■ Dinner

Steamed Pork Ribs with Black Bean & Garlic

Tender pork spare ribs (small cut) marinated in fermented black bean, garlic, ginger, Shaoxing wine — steamed until fall-off-the-bone, brown rice

■ HER PORTION

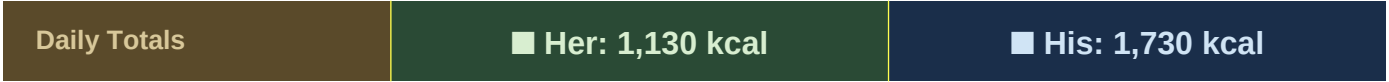
4oz ribs, ½ cup rice, steamed broccoli

390 kcal

■ HIS PORTION

6oz ribs, ¾ cup rice, steamed broccoli

570 kcal



WEDNESDAY

American Grill Night · Cook once, serve two sizes

■ Breakfast

Blueberry Protein Smoothie Bowl

Blended frozen blueberries, banana, vanilla protein powder, almond milk — thick enough to eat with a spoon, topped with chia seeds, sliced almonds, coconut flakes

■ HER PORTION

1 scoop protein, ½ cup blueberries, 1 small banana

340 kcal

■ HIS PORTION

1.5 scoops protein, ¾ cup blueberries, 1 banana, extra toppings

510 kcal

■ Lunch

■ Steak Fajita Bowl

Lean flank steak strips grilled with bell peppers & onions, fajita seasoning, brown rice, black beans, pico de gallo, Greek yogurt crema, lime

■ HER PORTION

3oz steak, ½ cup rice, ¼ cup beans

390 kcal

■ HIS PORTION

5oz steak, ¾ cup rice, ½ cup beans, extra crema

590 kcal

■ Snack

Celery, Carrots & Hummus

Fresh celery sticks and baby carrots with roasted garlic hummus

■ HER PORTION

1 cup veg, 3 tbsp hummus

120 kcal

■ HIS PORTION

1.5 cups veg, 5 tbsp hummus

190 kcal

■ Dinner

■ Grilled New York Strip with Roasted Vegetables & Quinoa

New York strip steak grilled to medium, charred broccolini, roasted cherry tomatoes & red onion, fluffy quinoa with herbs

■ HER PORTION

4oz NY strip, ½ cup quinoa, 1.5 cups veg

470 kcal

■ HIS PORTION

7oz NY strip, ¾ cup quinoa, 2 cups veg

690 kcal

Daily Totals

■ Her: 1,320 kcal

■ His: 1,980 kcal

THURSDAY

Chinese Sichuan · Cook once, serve two sizes

■ Breakfast

Savory Lean Pork Congee

Smooth jasmine rice porridge with lean ground pork, pickled mustard greens (zha cai), ginger, scallion, white pepper, sesame oil

■ HER PORTION

½ cup rice, 2oz pork, pickled greens

280 kcal

■ HIS PORTION

¾ cup rice, 3oz pork, pickled greens

400 kcal

■ Lunch

Sichuan Boiled Beef (Shui Zhu Niu Rou) Light

Tender beef slices poached in Sichuan-spiced chili oil broth with cabbage, bean sprouts, scallion — served over brown rice (lighter version, less oil)

■ HER PORTION

4oz beef, 1 cup veg, ½ cup rice

400 kcal

■ HIS PORTION

6oz beef, 1.5 cups veg, ¾ cup rice

590 kcal

■ Snack

Chilled Silken Tofu with Century Egg

Cold silken tofu topped with diced century egg, soy sauce, sesame oil, scallion, chili oil — classic Sichuan pairing

■ HER PORTION

½ block tofu, ½ century egg

100 kcal

■ HIS PORTION

¾ block tofu, 1 century egg + 1 hard-boiled egg

190 kcal

■ Dinner

■ Sichuan Cumin Beef Stir-Fry with Brown Rice

Thinly sliced flank steak with cumin, Sichuan peppercorn, dried chili, onion, garlic, celery, light soy — bold and aromatic, served over brown rice

■ HER PORTION

4oz flank steak, 1 cup veg, ½ cup rice

420 kcal

■ HIS PORTION

6oz flank steak, 1.5 cups veg, ¾ cup rice

610 kcal

Daily Totals

■ Her: 1,200 kcal

■ His: 1,790 kcal

FRIDAY

American Date Night · Cook once, serve two sizes

■ Breakfast

Smoked Salmon Cream Cheese Bagel Thin

Whole wheat bagel thin, light cream cheese, smoked salmon, capers, thinly sliced red onion, fresh dill, lemon squeeze

■ HER PORTION

½ bagel thin, 2oz smoked salmon, 1 tbsp cream cheese

220 kcal

■ HIS PORTION

1 bagel thin, 3oz smoked salmon, 2 tbsp cream cheese

380 kcal

■ Lunch

Chicken & Vegetable Minestrone Soup

Light but hearty soup with chicken breast, cannellini beans, zucchini, spinach, diced tomato, whole wheat pasta, garlic, low-sodium chicken broth, Parmesan

■ HER PORTION

3oz chicken, 1.5 cups soup, ¼ cup pasta

320 kcal

■ HIS PORTION

5oz chicken, 2 cups soup, ½ cup pasta, side roll

530 kcal

■ Snack

Sliced Strawberries with Cottage Cheese

Fresh strawberries, low-fat cottage cheese, drizzle of balsamic glaze

■ HER PORTION

½ cup strawberries, ½ cup cottage cheese

130 kcal

■ HIS PORTION

¾ cup strawberries, ¾ cup cottage cheese

190 kcal

■ Dinner

■ Filet Mignon with Mushroom Sauce, Mashed Sweet Potato & Broccolini

Lean beef tenderloin filet pan-seared to medium, light red wine & mushroom sauce, whipped sweet potato, steamed broccolini — a proper date night dinner

■ HER PORTION

4oz filet, ½ cup sweet potato mash, broccolini

460 kcal

■ HIS PORTION

6oz filet, ¾ cup sweet potato mash, extra broccolini

660 kcal

Daily Totals

■ Her: 1,130 kcal

■ His: 1,760 kcal

SATURDAY

Chinese Feast Day · Cook once, serve two sizes

■ Breakfast

Jianbing (Chinese Savory Crepe)

Thin mung bean & wheat crepe cooked on a griddle, spread with hoisin & chili sauce, fried egg, scallion, cilantro, crispy wonton strip inside

■ HER PORTION

1 crepe, 1 egg, light sauce

310 kcal

■ HIS PORTION

2 crepes, 2 eggs, regular sauce

530 kcal

■ Lunch

Beef Chow Fun (Dry-Fried) — Gan Chao Niu He

Wide rice noodles stir-fried with lean beef, bean sprouts, scallion, dark soy sauce — high heat, classic Cantonese wok dish

■ HER PORTION

3oz beef, ½ cup noodles, veg

360 kcal

■ HIS PORTION

5oz beef, ¾ cup noodles, veg

540 kcal

■ Snack

Warm Soy Milk with Red Date

Unsweetened warm soy milk with 2 dried red dates (jujube) — a traditional nourishing Chinese snack

■ HER PORTION

1 cup soy milk, 2 red dates

110 kcal

■ HIS PORTION

1.5 cups soy milk, 3 red dates + 1 tbsp pumpkin seeds

200 kcal

■ Dinner

■ Kung Pao Chicken with Shrimp & Brown Rice

A surf-and-turf Chinese twist — chicken breast AND a few large shrimp tossed together in kung pao sauce with peanuts, dried chili, bell pepper, zucchini, brown rice

■ HER PORTION 3oz chicken, 2oz shrimp, 1 tbsp peanuts, ½ cup rice 380 kcal		■ HIS PORTION 5oz chicken, 3oz shrimp, 1.5 tbsp peanuts, ¾ cup rice 560 kcal	
Daily Totals		■ Her: 1,160 kcal	■ His: 1,830 kcal

SUNDAY

East Meets West — Steak Sunday · Cook once, serve two sizes

■ Breakfast

Steak & Eggs — Classic Sunday

Lean sirloin or flat iron steak, fried or scrambled eggs, sautéed spinach with garlic, cherry tomatoes — a protein-packed Sunday wake-up

■ HER PORTION

3oz steak, 2 eggs, 1 cup spinach

360 kcal

■ HIS PORTION

5oz steak, 3 eggs, 1.5 cups spinach

560 kcal

■ Lunch

Asian Beef Lettuce Wraps

Lean ground beef with water chestnuts, mushrooms, ginger, garlic, hoisin, low-sodium soy sauce — spooned into crisp butter lettuce cups, topped with shredded carrot and sesame

■ HER PORTION

3oz beef, 3 lettuce cups

290 kcal

■ HIS PORTION

5oz beef, 5 lettuce cups, extra hoisin

450 kcal

■ Snack

Banana & Peanut Butter Protein Shake

Frozen banana, natural peanut butter, vanilla whey protein, almond milk, ice — blended smooth

■ HER PORTION

1 scoop protein, 1 small banana, 1 tbsp PB

280 kcal

■ HIS PORTION

1.5 scoops protein, 1 large banana, 1.5 tbsp PB

400 kcal

■ Dinner

■ Slow-Braised Short Rib with Mashed Cauliflower & Roasted Carrots

Beef short ribs braised low and slow in low-sodium beef broth, garlic, rosemary, thyme, a splash of red wine — fall-off-the-bone tender, served with whipped cauliflower and honey-glazed roasted carrots

■ HER PORTION

4oz short rib meat, 1 cup cauli mash, 4 carrot rounds

430 kcal

■ HIS PORTION

6oz short rib meat, 1.5 cups cauli mash, 6 carrot rounds

630 kcal

Daily Totals

■ Her: 1,360 kcal

■ His: 2,040 kcal

COMBINED WEEKLY GROCERY SHOPPING LIST · 2 PEOPLE

One Trip. Steak Week Covered.

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

■ Steaks, Meat, Seafood & Proteins

■ Lean ribeye steak <i>■ Mon dinner — her 4oz, his 7oz</i>	2 pieces (4oz + 7oz)	■ Lean New York strip steak <i>■ Wed dinner — her 4oz, his 7oz</i>	2 pieces (4oz + 7oz)
■ Beef tenderloin filet (filet mignon) <i>■ Fri date night dinner</i>	2 pieces (4oz + 6oz)	■ Lean flank steak <i>■ Wed fajita bowl + Thu Sichuan stir-fry</i>	~2 lbs
■ Lean sirloin (for salad + Sun breakfast) <i>Mon steak salad + Sun steak & eggs</i>	~2 lbs	■ Beef short ribs <i>■ Sun slow-braised dinner</i>	~2 lbs
■ Lean beef slices (for Shui Zhu) <i>Thu Sichuan boiled beef lunch</i>	~1 lb	■ Lean ground beef <i>Sun Asian lettuce wraps</i>	~1 lb
■ Lean ground pork <i>Tue steamed egg, Thu congee</i>	~1 lb	■ Pork spare ribs (small, lean) <i>Tue steamed black bean ribs</i>	~2 lbs
■ Chicken drumsticks <i>Tue Cantonese roast chicken</i>	6 pieces	■ Chicken breast (boneless, skinless) <i>Fri minestrone soup, Sat kung pao</i>	~2 lbs
■ Large shrimp (peeled, deveined) <i>Sat kung pao chicken + shrimp</i>	~1 lb	■ Smoked salmon (sliced) <i>Fri breakfast bagel</i>	~½ lb
■ Eggs (large) <i>Used every single day</i>	3 dozen	■ Silken tofu <i>Thu cold tofu snack</i>	2 × 14oz blocks
■ Lean diced ham (low-sodium) <i>Mon Denver omelette</i>	½ lb	■ Whey/vanilla protein powder <i>Wed smoothie bowl, Sun shake</i>	1 container

■ Produce & Vegetables

■ Arugula (baby) <i>Mon steak & arugula salad</i>	1 × 5oz bag	■ Baby spinach <i>Fri minestrone, Sun steak & eggs, Sat jianbing</i>	2 × 5oz bags
■ Butter lettuce <i>Sun Asian beef lettuce wraps</i>	1 large head	■ Romaine lettuce <i>Optional salad days</i>	1 head
■ Bok choy (baby) <i>Tue roast chicken, Tue ribs</i>	2 bags (~10 heads)	■ Broccoli (large head) <i>Tue steamed side for ribs</i>	2 heads
■ Broccolini <i>Wed NY strip dinner, Fri filet dinner</i>	2 bunches	■ Asparagus <i>Mon ribeye dinner</i>	2 bunches
■ Napa cabbage <i>Thu Sichuan boiled beef</i>	½ head	■ Bean sprouts <i>Thu Sichuan beef, Sat beef chow fun</i>	1 × 8oz bag

■ Mushrooms (cremini or button) <i>Fri filet mushroom sauce, Sun lettuce wraps</i>	2 × 8oz packs	■ Water chestnuts (canned) <i>Sun Asian beef lettuce wraps</i>	1 × 8oz can
■ Zucchini (medium) <i>Sat kung pao dinner, Wed grilled veg</i>	4	■ Bell peppers (red/yellow/green) <i>Mon Denver, Wed fajita, Sat kung pao</i>	6
■ Cherry tomatoes <i>Mon salad, Wed NY strip veg, Fri minestrone, Sun breakfast</i>	2 pints	■ Tomato (medium, fresh) <i>Fri minestrone</i>	3
■ Carrots (bag) <i>Sun short rib dinner (glazed), Wed hummus platter</i>	1 × 1 lb bag	■ Celery <i>Thu Sichuan cumin beef, Wed hummus platter</i>	1 bunch
■ Sweet potato (medium) <i>Fri filet mignon mash</i>	3	■ Russet potato (medium) <i>Mon ribeye baked potato</i>	3
■ Cauliflower (large head) <i>Sun short rib cauli mash</i>	1	■ Red onion <i>Mon steak salad, Wed fajita</i>	2
■ Onion (yellow) <i>Wed fajita, Thu Sichuan, Sat chow fun</i>	3	■ Scallions / green onions <i>Tue, Thu, Sat, Sun — all Chinese days</i>	3 bunches
■ Ginger (fresh knob) <i>Tue, Thu, Sat</i>	2 large knobs	■ Garlic (fresh) <i>Used all week</i>	3 heads
■ Fresh rosemary <i>Mon ribeye, Sun short rib braise</i>	1 bunch	■ Fresh thyme <i>Sun short rib braise</i>	1 bunch
■ Fresh dill <i>Fri smoked salmon bagel</i>	1 small bunch	■ Fresh cilantro <i>Sat jianbing, Wed fajita</i>	1 bunch
■ Lemon <i>Mon steak salad, Wed minestrone, Fri bagel</i>	3	■ Lime <i>Wed fajita bowl</i>	2
■ Banana (large) <i>Wed smoothie bowl, Sun shake</i>	4	■ Blueberries (fresh) <i>Mon parfait, Wed smoothie</i>	1 pint
■ Strawberries (fresh) <i>Fri cottage cheese snack</i>	1 pint	■ Longan or lychee (fresh or canned) <i>Tue snack</i>	1 small bag/can

■ Dairy & Refrigerated

■ Non-fat plain Greek yogurt <i>Mon parfait, Mon potato topping, Fri crema, Wed fajita</i>	1 × 32oz tub	■ Low-fat cottage cheese <i>Fri strawberry snack</i>	2 × 16oz containers
■ Low-fat cheddar (shredded) <i>Mon Denver omelette</i>	1 × 8oz bag	■ Light cream cheese <i>Fri smoked salmon bagel</i>	1 × 8oz block
■ Parmesan (grated) <i>Mon steak salad, Fri minestrone</i>	1 small wedge	■ Unsweetened almond milk <i>Wed smoothie, Sun shake, general</i>	2 × half-gallon cartons
■ Unsweetened soy milk <i>Sat warm soy milk snack</i>	1 × half-gallon	■ Low-sodium chicken broth <i>Fri chicken minestrone</i>	1 × 32oz carton
■ Low-sodium beef broth <i>Sun short rib braise (needs ~2 cups)</i>	2 × 32oz cartons	■ Red wine (small bottle or cooking wine) <i>Sun short rib braise</i>	1 bottle

■ Low-fat shredded mozzarella <i>Optional general use</i>	1 small bag	■ Capers (small jar) <i>Fri smoked salmon bagel</i>	1 × 3oz jar
■ Hummus (roasted garlic) <i>Wed snack platter</i>	1 × 10oz tub	■ Granola (low-sugar) <i>Mon parfait, Wed smoothie topping</i>	1 small bag

■ Grains, Pasta & Dry Goods

■ Brown rice <i>Tue, Thu, Sat — all Chinese days</i>	1 × 5 lb bag	■ Jasmine rice <i>Tue roast chicken, Thu congee</i>	1 × 2 lb bag
■ Quinoa <i>Wed NY strip dinner</i>	1 × 2 lb bag	■ Whole wheat bagel thins <i>Fri smoked salmon breakfast</i>	1 pack (6)
■ Whole wheat small pasta (for minestrone) <i>Fri chicken minestrone</i>	1 × 12oz box	■ Wide rice noodles (for chow fun) <i>Sat beef chow fun</i>	1 × 12oz pack
■ Mung bean flour or mung bean crepe mix <i>Sat jianbing crepes</i>	1 small bag	■ Wonton strips or wonton wrappers <i>Sat jianbing crispy layer</i>	1 small pack
■ Cannellini beans (canned) <i>Fri minestrone soup</i>	1 × 15oz can	■ Black beans (canned) <i>Wed fajita bowl</i>	1 × 15oz can
■ Dried red dates (jujube) <i>Sat soy milk snack</i>	1 small bag	■ Pumpkin seeds / pepitas <i>Sat snack</i>	1 small bag
■ Sliced almonds <i>Wed smoothie bowl topping</i>	1 small bag	■ Unsweetened coconut flakes <i>Wed smoothie bowl topping</i>	1 small bag
■ Chia seeds <i>Wed smoothie bowl</i>	1 bag	■ Peanut butter (natural) <i>Sun shake, Sat kung pao sauce</i>	1 jar
■ Peanuts (dry roasted) <i>Sat kung pao</i>	1 small bag	■ Honey (raw) <i>Mon parfait, Sun carrots, general</i>	1 small jar

■ Sauces, Condiments & Pantry

■ Low-sodium soy sauce <i>All Chinese days — Tue, Thu, Sat, Sun</i>	1 large bottle	■ Dark soy sauce <i>Sat beef chow fun — essential for color</i>	1 small bottle
■ Oyster sauce (low-sodium) <i>Sun Asian lettuce wraps</i>	1 bottle	■ Fermented black bean sauce <i>Tue steamed ribs</i>	1 small jar
■ Hoisin sauce <i>Sat jianbing, Sun lettuce wraps</i>	1 bottle	■ Shaoxing cooking wine <i>Tue ribs, Thu congee</i>	1 bottle
■ Kung pao sauce (low-sodium) <i>Sat kung pao combo</i>	1 bottle	■ Chili oil <i>Thu cold tofu, Sat jianbing</i>	1 small jar
■ Sesame oil (toasted) <i>Tue, Thu, Sat, Sun — all Chinese days</i>	1 bottle	■ Sichuan peppercorns <i>Thu Sichuan beef dishes</i>	1 small bag
■ Dried chili peppers <i>Thu cumin beef, Thu Sichuan beef</i>	1 small bag	■ Pickled mustard greens (zha cai) <i>Thu congee breakfast</i>	1 small jar

■ Century egg (preserved) <i>Thu cold tofu snack</i>	2 eggs	■ Rice vinegar <i>Sat chow fun, general</i>	1 bottle
■ Balsamic glaze (small bottle) <i>Fri strawberry cottage cheese snack</i>	1	■ Fajita seasoning blend <i>Wed fajita bowl</i>	1 bottle
■ Cumin (ground) <i>Thu Sichuan cumin beef</i>	1 jar	■ Smoked paprika <i>General use</i>	1 jar
■ Dried rosemary & thyme <i>Mon ribeye, Sun short rib</i>	As needed	■ Extra virgin olive oil <i>Mon asparagus, Wed veg, general</i>	1 bottle
■ Light butter <i>Mon garlic butter asparagus finish</i>	1 small tub	■ Sea salt & black pepper <i>All week — especially steak nights</i>	Stocked
■ Dijon mustard <i>Mon steak salad vinaigrette</i>	1 jar		

■ Supplements & Household

■ Whey protein powder (shared) <i>Wed smoothie bowl + Sun banana shake</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 — Sunday prep</i>	Set of 14

Steak Tips

Let steaks rest 5 min after cooking · Slice across the grain for tenderness · Season just with salt, pepper & garlic · Cook one steak, weigh and slice to her/his portions