

Same Meals. One Kitchen. Two Goals.

■ Rotisserie Chicken 3 Ways · ■ Two Beef Nights · ■ Deli Sunday · Cook Once Eat Twice

■ HER

Goal: Lose 40 lbs

~1,130–1,290 cal/day

Smaller portions · ~110g protein/day

■ HIM

Goal: Lose 50 lbs · Age 52

~1,730–1,930 cal/day

Larger portions · ~150g protein/day

■ **Costco Rotisserie Chicken Tips:** Remove all skin before using — drops fat significantly. Shred while still warm (easier). Store shredded meat in a sealed container for up to 4 days. One bird covers Mon fried rice, Wed burrito bowl and Fri ginger-scallion bowl. ■ **Deli Sandwich tip:** Squeeze lemon on avocado before wrapping the Monday leftover — keeps it from browning overnight.

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

Sun	■ Deli Club Sandwich (double)	→	Mon	Deli sandwich — grab & go
Mon	■ Rotisserie Chicken Fried Rice	→	Tue	Chicken fried rice reheated
Tue	■ Beef Bulgogi Bowl	→	Wed	Cold bulgogi rice bowl
Wed	■ Chicken Avocado Burrito Bowl	→	Thu	Burrito bowl — excellent cold
Thu	■ Sirloin Steak + Sweet Potato	→	Fri	Steak sliced over sweet potato
Fri	■ Ginger-Scallion Chicken Bowl	→	Sat	Ginger-scallion chicken reheated
Sat	■ Shrimp & Asparagus Stir-Fry	→	Sun	Shrimp stir-fry over rice

Weekly Overview

Day	Dinner (cook double)	■■ Next day lunch	■ Cal	■ Cal
Mon	Rotisserie Chicken Fried Rice with Egg, Edamame & Vegetables	→ Rotisserie Chicken Fried Rice	1,160	1,790
Tue	Korean Beef Bulgogi Bowl with Jasmine Rice & Cucumber Slaw	→ Beef Bulgogi Rice Bowl	1,200	1,840
Wed	Rotisserie Chicken Avocado Burrito Bowl	→ Rotisserie Chicken Burrito Bowl	1,260	1,900
Thu	Pan-Seared Sirloin Steak with Roasted Sweet Potato & Broccolini	→ Steak & Sweet Potato Bowl	1,280	1,870

Fri	Ginger-Scallion Rotisserie Chicken Rice Bowl	→ <i>Ginger-Scallion Chicken Rice Bowl</i>	1,260	1,890
Sat	Shrimp & Asparagus Stir-Fry with Brown Rice	→ <i>Shrimp & Asparagus Rice Bowl</i>	1,130	1,730
Sun	Deli Club Sandwich — Turkey, Ham & Avocado	→ <i>Deli Club Sandwich</i>	1,290	1,930

MONDAY · Chinese Comfort

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

■ Breakfast

Steamed Egg Custard with Ground Pork & Toast

Silky eggs steamed with lean ground pork, low-sodium soy sauce, sesame oil and scallion. Served with whole wheat toast

■ HER

2 eggs, 1oz pork, 1 slice toast

290 kcal

■ HIM

3 eggs, 2oz pork, 2 slices toast

460 kcal

■■ Lunch

■■ Leftover: Deli Club Sandwich (from Sunday)

Sunday's deli sandwich — turkey, ham, reduced-fat Swiss, romaine, tomato, avocado, Dijon on whole wheat. Wrapped tightly in foil overnight, still fresh. Squeeze of lemon keeps the avocado bright. Zero cooking

■ HER

Sun deli sandwich — her portion

380 kcal

■ HIM

Sun deli sandwich — his portion

560 kcal

■ Snack

Mandarin Oranges + Roasted Pumpkin Seeds

Fresh mandarin oranges, roasted pepitas with sea salt

■ HER

2 mandarins, 1 tbsp pepitas

100 kcal

■ HIM

3 mandarins, 2 tbsp pepitas

180 kcal

■ Dinner

■ Rotisserie Chicken Fried Rice with Egg, Edamame & Vegetables

Shredded rotisserie chicken (skin removed) stir-fried with day-old jasmine rice, scrambled egg, frozen edamame, diced carrots, frozen peas, garlic, ginger, low-sodium soy sauce, sesame oil and scallion. Classic Chinese-American fried rice — one pan, 15 minutes

■ HER

4oz rotisserie chicken (no skin), ½ cup rice, edamame, veg

390 kcal

■ HIM

7oz rotisserie chicken (no skin), ¾ cup rice, edamame, veg

590 kcal

■ Cook tonight: Chicken Fried Rice — make DOUBLE. Pack Tuesday lunch containers before eating. Use day-old rice if possible — better texture.

Daily Totals

■ Her: 1,160 kcal

■ His: 1,790 kcal

TUESDAY · Korean-Inspired

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

■ Breakfast

■ Avocado Toast with Poached Eggs & Everything Bagel Seasoning

Toasted whole wheat bread, smashed avocado with lemon juice and chili flakes, perfectly poached eggs, cherry tomatoes, cracked black pepper and everything bagel seasoning (sesame, poppy, onion, garlic, salt)

■ HER

1 slice toast, ¼ avocado, 1 poached egg, tomatoes

280 kcal

■ HIM

2 slices toast, ½ avocado, 2 poached eggs, tomatoes

460 kcal

■■ Lunch

■■ Leftover: Rotisserie Chicken Fried Rice (from Monday)

Monday's chicken fried rice reheated in a hot pan with a splash of soy sauce — fried rice always tastes better the next day once the flavours meld. Add a drizzle of chili oil to finish

■ HER

Mon chicken fried rice reheated, splash of soy, chili oil

360 kcal

■ HIM

Mon chicken fried rice reheated, extra soy + chili oil

560 kcal

■ Snack

Greek Yogurt with Mixed Berries & Honey

Plain non-fat Greek yogurt, fresh mixed berries, drizzle of raw honey

■ HER

½ cup yogurt, ½ cup berries, ½ tsp honey

160 kcal

■ HIM

¾ cup yogurt, ¾ cup berries, 1 tsp honey

230 kcal

■ Dinner

■ Korean Beef Bulgogi Bowl with Jasmine Rice & Cucumber Slaw

Lean beef sirloin sliced thin, marinated in soy sauce, pear or apple juice, garlic, ginger, sesame oil, brown sugar and chili flakes — grilled or pan-seared on high heat for quick caramelisation. Jasmine rice. Quick cucumber slaw: sliced cucumber, rice vinegar, sesame oil, chili flakes. Top with sesame seeds and scallion

■ HER

4oz beef bulgogi, ½ cup jasmine rice, cucumber slaw

400 kcal

■ HIM

6oz beef bulgogi, ¾ cup jasmine rice, cucumber slaw, sesame

590 kcal

■ Cook tonight: Beef Bulgogi — make DOUBLE. Pack Wednesday lunch containers before eating. Cold bulgogi over rice is excellent.

Daily Totals

■ Her: 1,200 kcal

■ His: 1,840 kcal

WEDNESDAY · American Tex-Mex

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

■ Breakfast

■ Overnight Oats with Banana, Peanut Butter & Chia

Rollled oats soaked overnight in almond milk with vanilla protein powder, sliced banana, natural peanut butter, chia seeds and a drizzle of honey. Prep Tuesday night — grab from fridge and go. Zero morning cooking

■ HER

1/3 cup oats, 1 scoop protein, ½ banana, 1 tbsp PB, chia

340 kcal

■ HIM

½ cup oats, 1.5 scoops protein, 1 banana, 1.5 tbsp PB, chia, honey

510 kcal

■ Lunch

■ Leftover: Beef Bulgogi Rice Bowl (from Tuesday)

Tuesday's bulgogi cold or reheated over leftover rice — cold bulgogi is actually preferred, the marinade flavours deepen overnight. Add a spoon of the cucumber slaw and extra sesame seeds

■ HER

Tue bulgogi over rice, cucumber slaw, sesame

370 kcal

■ HIM

Tue bulgogi over rice, cucumber slaw, sesame + extra slaw

560 kcal

■ Snack

Celery + Baby Carrots + Hummus

Fresh celery stalks and baby carrots with roasted garlic hummus

■ HER

4 celery, 8 carrots, 3 tbsp hummus

130 kcal

■ HIM

5 celery, 10 carrots, 5 tbsp hummus

200 kcal

■ Dinner

■ Rotisserie Chicken Avocado Burrito Bowl

Shredded rotisserie chicken (skin removed) over brown rice with black beans, roasted corn, pico de gallo (fresh tomato, onion, cilantro, lime), sliced avocado, Greek yogurt crema (Greek yogurt + lime juice), shredded romaine, pickled jalapeño. Everything assembled cold — no cooking needed beyond warming the rice

■ HER

4oz rotisserie chicken, ½ cup brown rice, beans, corn, ¼ avocado, pico, crema

420 kcal

■ HIM

6oz rotisserie chicken, ¾ cup brown rice, beans, corn, ½ avocado, pico, crema

630 kcal

■ Cook tonight: Chicken Burrito Bowl — make DOUBLE chicken & rice portions. Pack Thursday lunch containers before eating. ■ Also prep Thursday overnight oats before bed — wait, Friday oats. Prep TONIGHT for Friday morning.

Daily Totals

■ Her: 1,260 kcal

■ His: 1,900 kcal

THURSDAY · American Steakhouse

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

■ Breakfast

Savory Congee with Lean Pork & Ginger

Smooth jasmine rice porridge with lean ground pork, fresh ginger, scallion, zha cai (pickled mustard greens), white pepper and sesame oil. Warming and high protein

■ HER

½ cup jasmine rice, 2oz lean ground pork, ginger, zha cai

280 kcal

■ HIM

¾ cup jasmine rice, 3oz lean ground pork, ginger, zha cai

400 kcal

■■ Lunch

■■ Leftover: Rotisserie Chicken Burrito Bowl (from Wednesday)

Wednesday's burrito bowl straight from the fridge — this is genuinely excellent cold. Add a squeeze of lime and extra cilantro to refresh. No reheating needed

■ HER

Wed burrito bowl — chicken, rice, beans, corn, avocado, pico

390 kcal

■ HIM

Wed burrito bowl — full portion, squeeze of lime, extra cilantro

600 kcal

■ Snack

Edamame + Hard-Boiled Egg

Warm shelled edamame with sea salt, 1 hard-boiled egg on the side

■ HER

¾ cup shelled edamame, 1 hard-boiled egg

170 kcal

■ HIM

1 cup shelled edamame, 1 hard-boiled egg

220 kcal

■ Dinner

■ Pan-Seared Sirloin Steak with Roasted Sweet Potato & Broccolini

Lean sirloin steak seasoned with sea salt, black pepper and garlic — seared in a cast iron pan 3 min per side, rested 5 minutes before slicing. Roasted sweet potato cubes with olive oil and rosemary. Steamed broccolini with garlic

■ HER

4oz sirloin rested + sliced, ½ cup sweet potato, broccolini

440 kcal

■ HIM

7oz sirloin rested + sliced, ¾ cup sweet potato, extra broccolini

650 kcal

■ Cook tonight: Sirloin Steak — cook **DOUBLE** steak & sweet potato. Pack Friday lunch containers before eating. Slice cold steak thin for the bowl.

Daily Totals

■ Her: 1,280 kcal

■ His: 1,870 kcal

FRIDAY · Chinese Ginger-Scallion

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

■ Breakfast

■ Mango Protein Smoothie with Almond Milk & Banana

Frozen mango chunks, banana, vanilla whey protein powder, unsweetened almond milk, ice — blended thick and smooth. Ready in 2 minutes. Add chia seeds on top if desired

■ HER

½ cup frozen mango, ½ banana, 1 scoop protein, 1 cup almond milk

310 kcal

■ HIM

¾ cup frozen mango, 1 banana, 1.5 scoops protein, 1 cup almond milk

470 kcal

■■ Lunch

■■ Leftover: Steak & Sweet Potato Bowl (from Thursday)

Thursday's steak sliced cold and thin over reheated sweet potato — cold steak is fantastic over warm sweet potato with a drizzle of olive oil and chili flakes. Add a handful of baby greens for freshness

■ HER

Thu steak sliced thin over sweet potato, baby greens, olive oil

410 kcal

■ HIM

Thu steak sliced thin over sweet potato, greens, olive oil + extra broccolini

620 kcal

■ Snack

Apple + Almond Butter

Crisp Fuji apple, natural almond butter

■ HER

1 medium apple, 1 tbsp almond butter

160 kcal

■ HIM

1 large apple, 1.5 tbsp almond butter

230 kcal

■ Dinner

■ Ginger-Scallion Rotisserie Chicken Rice Bowl

Shredded rotisserie chicken (skin removed) warmed briefly in a pan, served over steamed jasmine rice, generously drizzled with leftover ginger-scallion sauce. Topped with sliced cucumber, shredded carrot, blanched bok choy and a drizzle of sesame oil. Uses up the remaining rotisserie bird and the ginger-scallion sauce

■ HER

4oz rotisserie chicken, ½ cup jasmine rice, ginger-scallion sauce, bok choy, cucumber

380 kcal

■ HIM

6oz rotisserie chicken, ¾ cup jasmine rice, generous ginger-scallion sauce, bok choy, cucumber, carrot

570 kcal

■ **Cook tonight: Ginger-Scallion Chicken Bowl — make DOUBLE. This uses up the last of the rotisserie bird and the ginger-scallion sauce. Pack Saturday lunch before eating.**

Daily Totals

■ Her: 1,260 kcal

■ His: 1,890 kcal

SATURDAY · American Fresh

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

■ Breakfast

Spinach & Mushroom Egg Muffins with Toast

Baked egg muffins with baby spinach, cremini mushrooms, diced bell pepper, low-fat feta and herbs — made in a muffin tin and meal-prep friendly. Served with whole wheat toast

■ HER

3 egg muffins, 1 slice toast

290 kcal

■ HIM

5 egg muffins, 2 slices toast

460 kcal

■■ Lunch

■■ Leftover: Ginger-Scallion Chicken Rice Bowl (from Friday)

Friday's ginger-scallion chicken bowl reheated — the sauce soaks into the rice overnight and becomes even more flavourful. Add a splash of soy sauce and fresh scallion to finish

■ HER

Fri ginger-scallion chicken bowl reheated, extra scallion

350 kcal

■ HIM

Fri ginger-scallion chicken bowl reheated, soy splash + scallion

540 kcal

■ Snack

Cottage Cheese with Fresh Peach

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

■ HER

½ cup cottage cheese, ½ fresh peach

130 kcal

■ HIM

¾ cup cottage cheese, 1 fresh peach

190 kcal

■ Dinner

■ Shrimp & Asparagus Stir-Fry with Brown Rice

Large shrimp stir-fried with asparagus spears, garlic, ginger, low-sodium oyster sauce and soy sauce, a drizzle of sesame oil, scallion and sesame seeds. Served over brown rice. Quick and clean — ready in 15 minutes

■ HER

5oz shrimp, 1 cup asparagus, oyster sauce, ½ cup brown rice

360 kcal

■ HIM

8oz shrimp, 1.5 cups asparagus, oyster sauce, ¾ cup brown rice, sesame

540 kcal

■ Cook tonight: Shrimp & Asparagus Stir-Fry — make DOUBLE. Pack Sunday lunch containers before eating.

Daily Totals

■ Her: 1,130 kcal

■ His: 1,730 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 and almond milk, pan-cooked with light cooking spray until golden. Topped with non-fat Greek yogurt, fresh strawberries and a drizzle of honey

■ HER

2 slices French toast, ¼ cup yogurt, ½ cup strawberries

320 kcal

■ HIM

3 slices French toast, ½ cup yogurt, ¾ cup strawberries, honey

490 kcal

■■ Lunch

■■ Leftover: Shrimp & Asparagus Rice Bowl (from Saturday)

Saturday's shrimp stir-fry reheated over fresh rice — shrimp reheat in just 90 seconds in a hot pan. Add a drizzle of sesame oil and extra scallion to finish

■ HER

Sat shrimp & asparagus over ½ cup fresh rice, sesame oil, scallion

330 kcal

■ HIM

Sat shrimp & asparagus over ¾ cup fresh rice, extra sesame oil + scallion

510 kcal

■ Snack

Protein Shake + Walnuts

Vanilla whey protein blended with almond milk and ice, small handful of walnuts on the side

■ HER

1 scoop protein, 1 cup almond milk, 8 walnuts

220 kcal

■ HIM

1.5 scoops protein, 1 cup almond milk, 12 walnuts

320 kcal

■ Dinner

■ Deli Club Sandwich — Turkey, Ham & Avocado

Toasted whole wheat bread, sliced turkey breast AND lean ham, 1 slice reduced-fat Swiss cheese, crisp romaine, thick-sliced tomato, red onion, sliced avocado (instead of mayo), Dijon mustard, dill pickle on the side

■ HER

2oz turkey + 1oz ham, 1 slice Swiss, ¼ avocado, romaine, tomato, Dijon, 2 slices toast

420 kcal

■ HIM

3oz turkey + 2oz ham, 1 slice Swiss, ½ avocado, romaine, tomato, red onion, Dijon, 2 slices toast

610 kcal

■ Make tonight: Deli Club Sandwich — make DOUBLE (her: 2 sandwiches, his: 2 sandwiches). Wrap second in foil with lemon on avocado. Monday lunch needs zero effort. Closes the loop!

Daily Totals

■ Her: 1,290 kcal

■ His: 1,930 kcal

One Costco Chicken. Three Great Dinners.

All dinner quantities doubled · Rotisserie chicken covers Mon, Wed & Fri

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

■ Rotisserie Chicken & Proteins · dinner quantities doubled for leftovers

■ Costco rotisserie chicken (large) <i>■ Mon fried rice + Wed burrito bowl + Fri ginger-scallion bowl — remove skin before using</i>	1 whole bird (~3 lbs)	■ Lean sirloin steak <i>■ Thu steak dinner + Fri leftover bowl — DOUBLE</i>	~2.5 lbs
■ Lean beef sirloin (thinly sliced for bulgogi) <i>■ Tue bulgogi + Wed leftover — DOUBLE</i>	~2 lbs	■ Large shrimp (peeled, deveined) <i>■ Sat stir-fry + Sun leftover — DOUBLE</i>	~2.5 lbs
■ Sliced turkey breast (deli, lean) <i>■ Sun deli sandwich DOUBLE + Mon leftover</i>	~½ lb	■ Lean ham (deli, low-sodium) <i>■ Sun deli sandwich DOUBLE + Mon leftover</i>	~¼ lb
■ Lean ground pork <i>Mon steamed egg, Thu congee</i>	½ lb	■ Eggs (large) <i>Used all week — both people</i>	2 dozen
■ Reduced-fat Swiss cheese (sliced) <i>■ Sun deli sandwich</i>	1 pack	■ Whey/vanilla protein powder <i>Wed overnight oats, Fri smoothie, Sun shake</i>	1 container

■ Produce & Vegetables

■ Baby spinach <i>Sat egg muffin breakfast</i>	1 × 5oz bag	■ Baby greens or arugula <i>Fri steak leftover bowl</i>	1 × 5oz bag
■ Bok choy (baby) <i>Fri ginger-scallion chicken bowl + Sat leftover</i>	2 bags (~10 heads)	■ Asparagus <i>Sat shrimp stir-fry + Sun leftover — DOUBLE</i>	2 bunches
■ Broccolini <i>Thu steak dinner + Fri leftover</i>	2 bunches	■ Cremini mushrooms <i>Sat egg muffin breakfast</i>	1 × 8oz pack
■ Bell peppers (red/yellow) <i>Sat egg muffins, Wed burrito bowl</i>	3	■ Cherry tomatoes <i>Tue avocado toast, Sun French toast side</i>	1 pint
■ Tomatoes (medium, fresh) <i>Tue pico de gallo, Sun deli sandwich</i>	3	■ Sweet potato (medium) <i>Thu steak dinner + Fri leftover — DOUBLE</i>	3
■ Avocado <i>Tue avocado toast, Wed burrito bowl, Sun deli sandwich DOUBLE</i>	4	■ Cucumber (large) <i>Mon congee side, Fri ginger-scallion bowl, Tue bulgogi slaw</i>	3
■ Shredded carrots (bag) <i>Mon fried rice, Fri ginger-scallion bowl</i>	1 × 10oz	■ Onion (yellow) <i>Mon fried rice, Wed pico de gallo</i>	2

■ Red onion <i>Sun deli sandwich</i>	1	■ Scallions / green onions <i>Mon, Fri, Sat, Sun — all Chinese dishes</i>	2 bunches
■ Ginger (fresh knob) <i>Mon fried rice, Thu congee</i>	1 large knob	■ Garlic (fresh) <i>Used all week</i>	2 heads
■ Fresh cilantro <i>Wed burrito bowl pico + Thu leftover</i>	1 bunch	■ Romaine lettuce <i>Sun deli sandwich DOUBLE + Mon leftover</i>	1 large head
■ Jalapeño (pickled or fresh) <i>Wed burrito bowl</i>	1 small jar/2 fresh	■ Lemon <i>Tue avocado toast, Sun deli avocado anti-brown</i>	3
■ Lime <i>Wed burrito bowl crema, Thu leftover refresh</i>	3	■ Banana <i>Wed overnight oats, Fri smoothie</i>	3
■ Apple (medium + large) <i>Fri snack — her med, his large</i>	2+2	■ Mango (frozen) <i>Fri protein smoothie</i>	1 × 10oz bag
■ Strawberries (fresh) <i>Sun French toast</i>	1 pint	■ Mixed berries (fresh or frozen) <i>Tue yogurt snack</i>	1 × 12oz bag
■ Peach (fresh or canned in juice) <i>Sat cottage cheese snack</i>	3	■ Mandarin oranges (small) <i>Mon snack — her 2, his 3 + extra</i>	7

■ Dairy & Refrigerated

■ Non-fat plain Greek yogurt <i>Tue snack, Wed burrito crema, Sun French toast topping</i>	1 × 32oz tub	■ Low-fat cottage cheese <i>Sat snack — both</i>	2 × 16oz containers
■ Low-fat feta (crumbled) <i>Sat egg muffin breakfast</i>	1 small container	■ Unsweetened almond milk <i>Wed overnight oats, Fri smoothie, Sun French toast, Sun shake</i>	2 × half-gallon cartons
■ Low-sodium chicken broth <i>Thu congee, general</i>	1 × 32oz carton	■ Hummus (roasted garlic) <i>Wed snack platter</i>	1 × 10oz tub
■ Salsa / pico (jar backup) <i>Wed burrito bowl backup if not making fresh</i>	1 × 16oz jar	■ Black beans (canned) <i>Wed burrito bowl — DOUBLE</i>	2 × 15oz cans
■ Frozen corn <i>Mon fried rice, Wed burrito bowl</i>	1 × 12oz bag	■ Frozen edamame (shelled) <i>Mon fried rice, Thu snack</i>	2 × 12oz bags
■ Frozen peas <i>Mon chicken fried rice</i>	1 × 12oz bag	■ Mixed nuts / walnuts <i>Sun protein shake snack</i>	1 small bag
■ Dill pickles (jar) ■ Sun deli sandwich	1 jar		

■ Grains, Pasta & Dry Goods

■ Jasmine rice <i>Mon fried rice, Thu congee, Fri ginger-scallion — multiple days</i>	1 × 5 lb bag	■ Brown rice <i>Wed burrito bowl + Thu leftover; Sat stir-fry + Sun leftover</i>	1 × 2 lb bag
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■ Whole wheat bread (sliced) <i>Mon steamed egg toast, Sun French toast, Sun deli sandwich DOUBLE</i>	1 loaf	■ Rolled oats <i>Wed overnight oats</i>	1 × 42oz canister
■ Chia seeds <i>Wed overnight oats, Fri smoothie topping</i>	1 bag	■ Peanut butter (natural) <i>Wed overnight oats</i>	1 jar
■ Almond butter <i>Fri apple snack</i>	1 jar	■ Pumpkin seeds / pepitas (roasted) <i>Mon snack</i>	1 small bag
■ Sesame seeds <i>Mon fried rice, Tue bulgogi, Sat stir-fry</i>	1 small jar	■ Pickled mustard greens / zha cai <i>Thu congee breakfast</i>	1 small jar
■ Everything bagel seasoning ■ Tue avocado toast — key ingredient	1 small jar		

■ Sauces, Condiments & Pantry

■ Low-sodium soy sauce <i>Mon fried rice, Tue bulgogi, Fri ginger-scallion, Sat stir-fry</i>	1 large bottle	■ Oyster sauce (low-sodium) <i>Sat shrimp & asparagus stir-fry</i>	1 bottle
■ Sesame oil (toasted) <i>Mon, Fri, Sat, Sun — Chinese dishes all week</i>	1 bottle	■ Ginger-scallion sauce (leftover) ■ Fri ginger-scallion chicken bowl — the star of the dish	Use what you have
■ Chili oil <i>Mon & Tue fried rice leftover, Fri steak bowl</i>	1 small jar	■ Rice vinegar <i>Tue bulgogi cucumber slaw</i>	1 bottle
■ Apple or pear juice (small) <i>Tue bulgogi marinade — natural tenderiser</i>	½ cup needed	■ Brown sugar <i>Tue bulgogi marinade — just 1 tsp</i>	small amount
■ Extra virgin olive oil <i>Thu steak + sweet potato, Fri leftover bowl</i>	1 bottle	■ Dijon mustard ■ Sun deli sandwich DOUBLE	1 jar
■ Chili flakes <i>Tue avocado toast, Fri steak bowl, general</i>	1 jar	■ White pepper (ground) <i>Mon steamed egg, Thu congee</i>	1 small jar
■ Sea salt & coarse black pepper <i>Thu steak — season generously</i>	stocked	■ Honey (raw) <i>Tue yogurt snack, Wed oats, Sun French toast</i>	1 jar
■ Pure maple syrup (optional) <i>Sun French toast alternative</i>	1 small bottle	■ Cooking spray <i>Sat egg muffins, Sun French toast</i>	1 can

■ Supplements & Household

■ Whey protein powder (shared) <i>Wed overnight oats, Fri smoothie, Sun 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</i>	1 box	■ Glass meal prep containers <i>Label HER / HIM + day — back to couples system</i>	Set of 14

■ Aluminium foil or parchment

1 roll

■ *Wrap Sun sandwiches tightly for Mon leftover*

Week 10 Tips

Rotisserie chicken: shred warm, remove all skin, refrigerate in sealed container · Bulgogi: marinate at least 30 min, high heat for caramelisation · Deli sandwich: squeeze lemon on avocado before wrapping for Monday · Overnight oats: prep Tuesday night for Wednesday · Steak: cast iron + 3 min per side + 5 min rest = perfect every time