

Cook Once. Eat Twice.

Every dinner becomes next day's lunch · Half the cooking · Zero food waste

■ HER

Goal: Lose 40 lbs

~1,090–1,300 cal/day

Smaller portions · ~110g protein/day

■ HIM

Goal: Lose 50 lbs · Age 52

~1,750–1,940 cal/day

Larger portions · ~150g protein/day

■■ This Week's Leftover Chain — Only 7 dinners to cook!

Sun dinner	→	Mon lunch	Mon dinner	→	Tue lunch
Tue dinner	→	Wed lunch	Wed dinner	→	Thu lunch
Thu dinner	→	Fri lunch	Fri dinner	→	Sat lunch
Sat dinner	→	Sun lunch			

How it works: Each night, make double the dinner portion and pack tomorrow's lunch containers (label HER & HIM) before sitting down to eat. In the morning, grab and go — no cooking needed for lunch. Sunday's big beef stew batch also covers the following Monday. **Consult your doctor before starting any new diet plan.**

Weekly Overview

Day	Dinner (cook double)	Next Day Lunch	■ Cal	■ Cal
Mon	Honey Garlic Chicken Thighs with Brown Rice & Steamed Broccoli	→ Honey Garlic Chicken Rice Bowl	1,180	1,800
Tue	Sichuan Mapo Tofu with Lean Pork & Brown Rice	→ Mapo Tofu over Fresh Rice or Noodles	1,160	1,750
Wed	■ Sheet Pan Lemon Herb Chicken & Steak Strips with Roasted Vegetables	→ Sheet Pan Steak & Chicken Wrap or Bowl	1,180	1,780
Thu	Cantonese Beef & Broccoli Stir-Fry with Brown Rice	→ Beef & Broccoli Bowl	1,160	1,820
Fri	■ Baked Salmon with Quinoa Tabbouleh & Roasted Asparagus	→ Quinoa Tabbouleh Bowl with Canned Tuna	1,300	1,940
Sat	Char Siu Pork Tenderloin with Bok Choy & Jasmine Rice	→ Char Siu Pork Fried Rice	1,090	1,750
Sun	Slow-Braised Beef Stew (prep for next week — saves for Monday)	→ Slow-Braised Beef Stew	1,260	1,940

MONDAY

American Comfort • Cook once, serve two sizes

■ Breakfast

Spinach & Feta Egg White Omelette

Egg whites + 1 whole egg, baby spinach, crumbled feta, cherry tomatoes, whole wheat toast

■ HER PORTION

3 whites + 1 egg, 1 slice toast

270 kcal

■ HIS PORTION

5 whites + 2 eggs, 2 slices toast

430 kcal

■ Lunch

■ Leftover: Slow-Braised Beef Stew (from Sunday)

Sunday's beef stew reheated — beef chunks, carrots, celery, potatoes in rich low-sodium broth. Tastes even better the next day. No cooking needed.

■ HER PORTION

1 cup stew, ½ cup veg & broth

320 kcal

■ HIS PORTION

1.5 cups stew, ¾ cup veg & broth + 1 slice whole wheat bread

500 kcal

■ Snack

Apple Slices + Peanut Butter

Crisp apple, natural peanut butter

■ HER PORTION

1 medium apple, 1 tbsp PB

160 kcal

■ HIS PORTION

1 large apple, 1.5 tbsp PB

230 kcal

■ Dinner

Honey Garlic Chicken Thighs with Brown Rice & Steamed Broccoli

Chicken thighs baked in honey-garlic-soy glaze, brown rice, steamed broccoli. Make double — saves for Tuesday lunch. Store chicken + rice separately.

■ HER PORTION

4oz chicken, ½ cup rice, 1 cup broccoli

430 kcal

■ HIS PORTION

7oz chicken, ¾ cup rice, 1.5 cups broccoli

640 kcal

■ Cook tonight: Honey Garlic Chicken Thighs — make DOUBLE for Tuesday lunch.

Daily Totals

■ Her: 1,180 kcal

■ His: 1,800 kcal

TUESDAY

Chinese Home Style · Cook once, serve two sizes

■ Breakfast

Savory Congee with Pork & Pickled Greens

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

■ HER PORTION

½ cup rice, 2oz pork

270 kcal

■ HIS PORTION

¾ cup rice, 3oz pork

390 kcal

■ Lunch

■■ Leftover: Honey Garlic Chicken Rice Bowl (from Monday)

Monday's chicken thighs sliced over leftover rice, with any remaining broccoli. Drizzle a little extra soy sauce or hot sauce if desired. Zero cooking.

■ HER PORTION

4oz chicken, ½ cup rice, veg

380 kcal

■ HIS PORTION

7oz chicken, ¾ cup rice, veg + side salad

580 kcal

■ Snack

Edamame with Sea Salt & Chili Flakes

Warm shelled edamame, sea salt, a pinch of chili flakes

■ HER PORTION

¾ cup shelled edamame

130 kcal

■ HIS PORTION

1 cup shelled edamame + 1 hard-boiled egg

220 kcal

■ Dinner

Sichuan Mapo Tofu with Lean Pork & Brown Rice

Silken tofu, lean ground pork, doubanjiang, garlic, ginger, Sichuan peppercorn, brown rice. Make double portion of tofu mixture — saves for Wednesday lunch.

■ HER PORTION

5oz tofu, 2oz pork, ½ cup rice

380 kcal

■ HIS PORTION

8oz tofu, 3oz pork, ¾ cup rice

560 kcal

■ Cook tonight: Mapo Tofu — make DOUBLE tofu mixture for Wednesday lunch.

Daily Totals

■ Her: 1,160 kcal

■ His: 1,750 kcal

WEDNESDAY

East Meets West · Cook once, serve two sizes

■ Breakfast

Blueberry Protein Overnight Oats

Rollled oats soaked overnight in almond milk with vanilla protein powder, fresh blueberries, chia seeds, honey — ready in the morning, no cooking

■ HER PORTION

½ cup oats, 1 scoop protein, ½ cup blueberries

350 kcal

■ HIS PORTION

¾ cup oats, 1.5 scoops protein, ¾ cup blueberries, extra honey

530 kcal

■ Lunch

■ Leftover: Mapo Tofu over Fresh Rice or Noodles (from Tuesday)

Tuesday's mapo tofu mixture reheated — serve over freshly cooked rice or thin noodles for a new texture. Sprinkle extra scallion on top. 5-minute reheat.

■ HER PORTION

Mapo tofu mix, ½ cup fresh rice or noodles

350 kcal

■ HIS PORTION

Mapo tofu mix, ¾ cup fresh rice or noodles + bok choy

530 kcal

■ Snack

Cottage Cheese with Peach

Low-fat cottage cheese, fresh or canned peach slices (in juice)

■ HER PORTION

½ cup cottage cheese, ½ peach

130 kcal

■ HIS PORTION

¾ cup cottage cheese, 1 peach

190 kcal

■ Dinner

■ Sheet Pan Lemon Herb Chicken & Steak Strips with Roasted Vegetables

Chicken breast + lean sirloin strips on one sheet pan with zucchini, bell pepper, cherry tomatoes, red onion, lemon, herbs. Make double veg & protein — saves for Thursday lunch.

■ HER PORTION

2oz steak + 2oz chicken, 1.5 cups roasted veg

350 kcal

■ HIS PORTION

3oz steak + 3oz chicken, 2 cups roasted veg

530 kcal

■ Cook tonight: Sheet Pan Steak & Chicken — roast DOUBLE veg & protein for Thursday lunch.

Daily Totals

■ Her: 1,180 kcal

■ His: 1,780 kcal

THURSDAY

Chinese Cantonese · Cook once, serve two sizes

■ Breakfast

Steamed Egg Custard with Ground Pork

Silky eggs steamed with lean ground pork, low-sodium soy sauce, sesame oil, scallion — served with a slice of whole wheat toast

■ HER PORTION

2 eggs, 1oz pork, 1 slice toast

290 kcal

■ HIS PORTION

3 eggs, 2oz pork, 2 slices toast

460 kcal

■ Lunch

■■ Leftover: Sheet Pan Steak & Chicken Wrap or Bowl (from Wednesday)

Wednesday's roasted steak strips, chicken & veg — stuff into a whole wheat tortilla wrap OR toss over baby greens for a warm salad. No cooking needed.

■ HER PORTION

Wed leftovers in 1 small tortilla or over greens

360 kcal

■ HIS PORTION

Wed leftovers in 1 large tortilla + extra hummus

560 kcal

■ Snack

Sliced Cucumber & Mandarin Oranges

Fresh cucumber slices with rice vinegar and sesame seeds, 2 mandarin oranges on the side

■ HER PORTION

1 cucumber, 2 mandarins

90 kcal

■ HIS PORTION

1 cucumber, 3 mandarins + 10 almonds

190 kcal

■ Dinner

Cantonese Beef & Broccoli Stir-Fry with Brown Rice

Lean flank steak, tender broccoli, garlic, ginger, oyster sauce, low-sodium soy, a touch of sesame oil, brown rice. Make double — saves for Friday lunch.

■ HER PORTION

4oz flank steak, 1.5 cups broccoli, ½ cup rice

420 kcal

■ HIS PORTION

6oz flank steak, 2.5 cups broccoli, ¾ cup rice

610 kcal

■ Cook tonight: Beef & Broccoli — make DOUBLE the stir-fry for Friday lunch.

Daily Totals

■ Her: 1,160 kcal

■ His: 1,820 kcal

FRIDAY

American Fresh · Cook once, serve two sizes

■ Breakfast

Banana Peanut Butter Protein Smoothie

Frozen banana, natural peanut butter, vanilla whey protein, unsweetened almond milk, a few ice cubes — blended thick and creamy

■ HER PORTION

1 small banana, 1 tbsp PB, 1 scoop protein

310 kcal

■ HIS PORTION

1 large banana, 1.5 tbsp PB, 1.5 scoops protein

480 kcal

■ Lunch

■■ Leftover: Beef & Broccoli Bowl (from Thursday)

Thursday's beef & broccoli stir-fry reheated over fresh steamed rice or inside a lettuce wrap. Add a splash of soy sauce. 3-minute microwave.

■ HER PORTION

Thu beef & broccoli leftovers, ½ cup fresh rice

370 kcal

■ HIS PORTION

Thu beef & broccoli leftovers, ¾ cup fresh rice + fried egg on top

570 kcal

■ Snack

Greek Yogurt with Mixed Berries & Walnuts

Non-fat plain Greek yogurt, fresh mixed berries, chopped walnuts, drizzle of honey

■ HER PORTION

½ cup yogurt, ½ cup berries, 6 walnuts

180 kcal

■ HIS PORTION

¾ cup yogurt, ¾ cup berries, 10 walnuts, 1 tsp honey

270 kcal

■ Dinner

■ Baked Salmon with Quinoa Tabbouleh & Roasted Asparagus

Salmon fillet baked with lemon, dill, garlic. Quinoa tabbouleh: quinoa, parsley, tomato, cucumber, lemon, olive oil. Roasted asparagus. Make extra quinoa tabbouleh — saves for Saturday lunch.

■ HER PORTION

5oz salmon, ½ cup quinoa tabbouleh, asparagus

440 kcal

■ HIS PORTION

7oz salmon, ¾ cup quinoa tabbouleh, extra asparagus

620 kcal

■ Cook tonight: Salmon + make EXTRA quinoa tabbouleh for Saturday lunch.

Daily Totals

■ Her: 1,300 kcal

■ His: 1,940 kcal

SATURDAY

Chinese Feast · Cook once, serve two sizes

■ Breakfast

Jianbing-Style Egg Crepe with Turkey & Hoisin

Thin egg crepe (made in nonstick pan), spread with hoisin, stuffed with sliced turkey breast, shredded cucumber, scallion, chili sauce

■ HER PORTION

1 crepe, 2oz turkey

290 kcal

■ HIS PORTION

2 crepes, 3oz turkey

490 kcal

■ Lunch

■ Leftover: Quinoa Tabbouleh Bowl with Canned Tuna (from Friday)

Friday's quinoa tabbouleh is even better cold — top with canned albacore tuna or a sliced hard-boiled egg for fresh protein. No cooking at all.

■ HER PORTION

½ cup tabbouleh, 3oz tuna or 1 egg

330 kcal

■ HIS PORTION

¾ cup tabbouleh, 5oz tuna or 2 eggs

510 kcal

■ Snack

Chilled Silken Tofu with Soy, Sesame & Scallion

Cold silken tofu, low-sodium soy sauce, toasted sesame oil, sesame seeds, thinly sliced scallion — refreshing and effortless

■ HER PORTION

½ block silken tofu

80 kcal

■ HIS PORTION

¾ block silken tofu + 1 hard-boiled egg

160 kcal

■ Dinner

Char Siu Pork Tenderloin with Bok Choy & Jasmine Rice

Pork tenderloin glazed with hoisin, low-sodium soy, honey, Chinese five spice, garlic, roasted to sticky perfection. Steamed baby bok choy. Jasmine rice. Make extra pork & rice — saves for Sunday lunch.

■ HER PORTION

4oz pork, ½ cup rice, 2 bok choy

390 kcal

■ HIS PORTION

7oz pork, ¾ cup rice, 3 bok choy

590 kcal

■ Cook tonight: Char Siu Pork — roast EXTRA pork & cook extra rice for Sunday lunch.

Daily Totals

■ Her: 1,090 kcal

■ His: 1,750 kcal

SUNDAY

East Meets West · Cook once, serve two sizes

■ Breakfast

Avocado Toast with Poached Eggs

Whole wheat toast, smashed avocado with lemon & chili flakes, poached eggs, cherry tomatoes, cracked black pepper

■ HER PORTION

1 slice toast, ¼ avocado, 1 poached egg

280 kcal

■ HIS PORTION

2 slices toast, ½ avocado, 2 poached eggs

460 kcal

■ Lunch

■■ Leftover: Char Siu Pork Fried Rice (from Saturday)

Saturday's leftover char siu pork diced up and tossed with leftover rice in a hot wok with egg, scallion, soy sauce, sesame oil — transforms into a brand new dish in 8 minutes!

■ HER PORTION

Leftover pork + rice, 1 egg scrambled in, scallion

380 kcal

■ HIS PORTION

Leftover pork + rice, 2 eggs scrambled in, extra soy, scallion

580 kcal

■ Snack

Protein Shake + Mixed Nuts

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

■ 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-Braised Beef Stew (prep for next week — saves for Monday)

Lean beef chuck, carrots, celery, baby potatoes, onion, garlic, tomato paste, low-sodium beef broth, rosemary, thyme — slow-cooked 2–3 hours. Make a BIG batch for Monday lunch.

■ HER PORTION

4oz beef, 1.5 cups veg in rich broth

380 kcal

■ HIS PORTION

6oz beef, 2 cups veg in rich broth + crusty bread

580 kcal

■ Cook tonight: Slow-Braised Beef Stew — make a BIG pot. This becomes NEXT Monday's lunch too!

Daily Totals

■ Her: 1,260 kcal

■ His: 1,940 kcal

COMBINED WEEKLY GROCERY SHOPPING LIST · 2 PEOPLE

One Trip. Cook Once. Eat Twice.

Quantities already include the extra amounts needed for next-day leftovers

■ Orange border = Leftover meal — no cooking needed for lunch all week!

■ Proteins, Seafood & Meat

■ Chicken thighs (bone-in, skinless) <i>Mon dinner — make DOUBLE for Tue lunch</i>	~3 lbs (7 pieces)	■ Atlantic salmon fillet <i>■ Fri dinner — her 5oz, his 7oz</i>	2 pieces (5oz + 7oz)
■ Lean flank steak <i>Thu dinner (Beef & Broccoli) — make DOUBLE for Fri lunch</i>	~2.5 lbs	■ Lean sirloin strips <i>Wed sheet pan dinner — make DOUBLE for Thu lunch</i>	~1.5 lbs
■ Lean beef chuck (for stew) <i>Sun dinner slow-cook — big batch covers Mon lunch too</i>	~3 lbs	■ Lean pork tenderloin <i>Sat char siu — make DOUBLE for Sun leftover fried rice</i>	~2 lbs
■ Lean ground pork <i>Tue congee, Wed mapo tofu, Thu steamed egg</i>	~1.5 lbs	■ Sliced turkey breast (deli) <i>Sat jianbing crepe breakfast</i>	~½ lb
■ Albacore tuna (canned in water) <i>Sat leftover tabbouleh lunch protein</i>	2 × 5oz cans	■ Eggs (large) <i>Used every day — both people</i>	3 dozen
■ Silken tofu <i>Tue mapo tofu dinner, Sat chilled snack</i>	3 × 14oz blocks	■ Whey/vanilla protein powder <i>Wed overnight oats, Fri smoothie, Sun shake</i>	1 container

■ Produce & Vegetables

■ Baby spinach <i>Mon omelette, Thu wrap greens</i>	2 × 5oz bags	■ Arugula or mixed greens <i>Thu leftover wrap/salad option</i>	1 × 5oz bag
■ Butter lettuce <i>Thu leftover wrap option</i>	1 head	■ Bok choy (baby) <i>Sat char siu dinner, Tue/Wed reheated</i>	2 bags (~10 heads)
■ Broccoli (large heads) <i>Mon dinner + Thu dinner — make double</i>	3 heads	■ Asparagus <i>Fri salmon dinner</i>	2 bunches
■ Zucchini (medium) <i>Wed sheet pan dinner</i>	4	■ Bell peppers (red/yellow/green) <i>Wed sheet pan, Sun stew optional</i>	5
■ Cherry tomatoes <i>Mon omelette, Fri tabbouleh, Sun toast</i>	2 pints	■ Tomatoes (medium, fresh) <i>Fri quinoa tabbouleh</i>	3
■ Carrots (bag) <i>Sun beef stew</i>	1 × 1 lb bag	■ Celery <i>Sun beef stew</i>	1 bunch
■ Baby potatoes <i>Sun beef stew</i>	1.5 lbs	■ Onion (yellow) <i>Sun stew, Mon honey garlic, Wed sheet pan</i>	4

■ Red onion <i>Wed sheet pan, Fri tabbouleh</i>	1	■ Scallions / green onions <i>Tue, Thu, Sat, Sun fried rice</i>	3 bunches
■ Ginger (fresh knob) <i>Tue, Thu, Sat</i>	2 large knobs	■ Garlic (fresh) <i>Used all week</i>	3 heads
■ Fresh parsley (flat-leaf) <i>Fri quinoa tabbouleh</i>	1 bunch	■ Fresh dill <i>Fri salmon dinner</i>	1 small bunch
■ Fresh rosemary <i>Sun slow-braised beef stew</i>	1 bunch	■ Fresh thyme <i>Sun beef stew, Mon honey garlic</i>	1 bunch
■ Cucumber (large) <i>Thu snack, Sat jianbing, Fri tabbouleh</i>	3	■ Avocado <i>Sun toast breakfast</i>	2
■ Lemon <i>Fri salmon, Fri tabbouleh, Sun toast</i>	4	■ Banana (large) <i>Fri smoothie</i>	4
■ Apple (Fuji) <i>Mon snack — her med, his large</i>	3 medium + 2 large	■ Blueberries (fresh) <i>Wed overnight oats</i>	1 pint
■ Mixed berries (fresh or frozen) <i>Fri yogurt snack</i>	1 × 12oz bag	■ Peach (fresh or canned in juice) <i>Wed cottage cheese snack</i>	3
■ Mandarin oranges <i>Thu snack</i>	7 small		

■ Dairy & Refrigerated

■ Non-fat plain Greek yogurt <i>Mon potato topping, Fri snack, Sun general</i>	1 × 32oz tub	■ Low-fat cottage cheese <i>Wed snack</i>	2 × 16oz containers
■ Low-fat feta (crumbled) <i>Mon omelette breakfast</i>	1 small container	■ Low-fat cheddar or shredded cheese <i>Optional general use</i>	1 × 8oz bag
■ Parmesan (grated) <i>Fri tabbouleh, optional garnish</i>	1 small wedge	■ Unsweetened almond milk <i>Wed oats, Fri smoothie, Sun shake</i>	2 × half-gallon cartons
■ Low-sodium chicken broth <i>Tue congee, Wed mapo optional</i>	1 × 32oz carton	■ Low-sodium beef broth <i>Sun slow-braised beef stew — needs plenty</i>	2 × 32oz cartons
■ Tomato paste (small can) <i>Sun beef stew</i>	1 × 6oz can	■ Hummus (roasted garlic) <i>Thu leftover wrap</i>	1 × 10oz tub
■ Whole wheat tortillas <i>Thu leftover steak/chicken wrap</i>	1 pack (8)	■ Whole wheat bread (sliced) <i>Mon omelette, Thu steamed egg, Sun avocado toast</i>	1 loaf
■ Mixed nuts (almonds, walnuts, cashews) <i>Sun snack</i>	1 small bag		

■ Grains & Dry Goods

■ Brown rice <i>Mon, Thu, Tue — multiple days</i>	1 × 5 lb bag	■ Jasmine rice <i>Tue congee, Sat char siu, Sun fried rice</i>	1 × 2 lb bag
■ Quinoa <i>Fri tabbouleh — make extra for Sat leftover</i>	1 × 2 lb bag	■ Rolled oats <i>Wed overnight oats</i>	1 × 42oz canister
■ Chia seeds <i>Wed overnight oats</i>	1 bag	■ Peanut butter (natural) <i>Mon snack, Fri smoothie</i>	1 jar
■ Peanuts (dry roasted) <i>Thu optional Sichuan use</i>	1 small bag	■ Walnuts <i>Fri yogurt snack</i>	1 small bag
■ Almond butter <i>Mon snack (her)</i>	1 jar	■ Granola (low-sugar) <i>Wed overnight oats topping</i>	1 small bag
■ Sesame seeds <i>Sat chilled tofu, Thu stir-fry</i>	1 small jar	■ Edamame (frozen, shelled) <i>Tue snack</i>	2 × 12oz bags
■ Pickled mustard greens / zha cai <i>Tue congee breakfast</i>	1 small jar	■ Cannellini or white beans (optional) <i>Sun stew optional addition</i>	1 × 15oz can

■ Sauces, Condiments & Pantry

■ Low-sodium soy sauce <i>All Chinese days + Sun fried rice</i>	1 large bottle	■ Oyster sauce (low-sodium) <i>Thu beef & broccoli, Sat char siu</i>	1 bottle
■ Hoisin sauce <i>Sat char siu glaze, Sat jianbing crepe</i>	1 bottle	■ Doubanjiang (spicy bean paste) <i>Tue mapo tofu</i>	1 small jar
■ Fermented black bean sauce <i>Optional Thu or Sat</i>	1 small jar	■ Sesame oil (toasted) <i>Tue, Thu, Sat, Sun — all Chinese days</i>	1 bottle
■ Shaoxing cooking wine <i>Tue mapo, Sat char siu pork</i>	1 bottle	■ Chinese five spice powder <i>Sat char siu pork</i>	1 small jar
■ Sichuan peppercorns <i>Tue mapo tofu</i>	1 small bag	■ Chili oil or chili flakes <i>Sun avocado toast, Tue edamame snack</i>	1 small jar
■ Rice vinegar <i>Thu cucumber snack, Fri tabbouleh</i>	1 bottle	■ Extra virgin olive oil <i>Fri tabbouleh, Wed sheet pan, general</i>	1 bottle
■ Honey (raw) <i>Mon honey garlic chicken, Sat char siu</i>	1 jar	■ Dijon mustard <i>Wed sheet pan optional marinade</i>	1 jar
■ Rosemary & thyme (dried backup) <i>Sun beef stew</i>	As needed	■ Smoked paprika or herb blend <i>Wed sheet pan seasoning</i>	1 bottle
■ White pepper (ground) <i>Tue congee, Thu steamed egg</i>	1 small jar	■ Sea salt & black pepper <i>All week</i>	Stocked

■ Supplements & Household

■ Whey protein powder (shared) <i>Wed 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, zero calories</i>	1 box	■ Glass meal prep containers <i>Label HER / HIM — separate leftover containers</i>	Set of 14

Leftover Tips	Pack lunch containers BEFORE sitting down to dinner · Store rice/grains separately from sauce/meat to avoid sogginess · Most dishes keep 2 days refrigerated · Label containers: HER / HIM + day
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