

Cook Once. Eat Twice.

■ Chicken Pita Pizza · ■ Black Bean Shrimp · ■ Tomahawk · ■ Butter Lobster · ■ Overnight Oats

■ HER

Goal: Lose 40 lbs

~1,140–1,420 cal/day

Breakfast target: ~300–325 kcal

■ HIM

Goal: Lose 50 lbs · Age 52

~1,730–2,070 cal/day

Breakfast target: ~425–475 kcal

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

Sun	■ Tomahawk + ■ Lobster	→	Mon	Steak & Lobster over baby greens
Mon	■ Chicken Pita Pizza	→	Tue	Chicken Pita Pizza reheated
Tue	Hong Shao Pork + Rice	→	Wed	Pork rice bowl reheated
Wed	Cajun Chicken Bowl	→	Thu	Cajun chicken bowl + avocado
Thu	■ Shrimp w/ Black Bean Sauce	→	Fri	Black bean shrimp rice bowl reheated
Fri	■ Sirloin Chimichurri	→	Sat	Cold steak chimichurri salad
Sat	Hainanese Chicken Rice	→	Sun	Hainanese rice reheated (light)

This week's highlights: Monday = ■ Grilled Chicken Pita Pizza (grill chicken first, then bake at 425F 10–12 min). Thursday = ■ Cantonese Shrimp with Black Bean Sauce — a classic different from anything in previous weeks. Wednesday = ■ Overnight Oats (prep Tuesday night). Sunday = ■ Tomahawk + ■ Butter Roasted Lobster — a special occasion dinner, slightly higher calories is fine. Breakfasts rebalanced to Her ~300–325 kcal · Him ~425–475 kcal throughout. **Consult your doctor before starting any new diet plan.**

Weekly Overview

Day	Dinner (cook double)	■■ Next day lunch	■ Cal	■ Cal
Mon	Grilled Chicken Pita Pizza with Mushrooms, Spinach & Fresh Mozzarella	→ Grilled Chicken Pita Pizza	1,265	1,910
Tue	Hong Shao Pork Belly (Light) with Bok Choy & Jasmine Rice	→ Hong Shao Pork Rice Bowl	1,240	1,870
Wed	Cajun Chicken & Sweet Potato Bowl	→ Cajun Chicken & Sweet Potato Bowl	1,180	1,750

Thu	Cantonese Shrimp with Black Bean Sauce, Bok Choy & Jasmine Rice	→ <i>Black Bean Shrimp & Rice Bowl</i>	1,130	1,720
Fri	Sirloin Chimichurri with Roasted Baby Potatoes & Broccolini	→ <i>Steak Chimichurri Salad</i>	1,250	1,870
Sat	Hainanese Chicken Rice with Ginger-Scallion Sauce	→ <i>Hainanese Chicken Rice</i>	1,150	1,820
Sun	Tomahawk Ribeye + Butter Roasted Lobster with Sides	→ <i>Tomahawk Steak Slices & Lobster</i>	1,420	2,070

MONDAY · American Pizza Night

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, Italian herbs — made in muffin tin, meal prep friendly. Served with whole wheat toast.

■ HER

3 egg muffins, 1 slice toast

315 kcal

■ HIM

5 egg muffins, 1 slice toast

460 kcal

■■ Lunch

■■ Leftover: Tomahawk Steak Slices & Lobster (from Sunday)

Sunday's tomahawk sliced thin, cold or gently reheated, with leftover lobster meat. Serve over baby greens with a drizzle of chimichurri or lemon butter — an incredible leftover lunch.

■ HER

3oz steak sliced, 2oz lobster, baby greens

360 kcal

■ HIM

5oz steak sliced, 3oz lobster, greens + crusty bread

560 kcal

■ Snack

Apple + Low-Fat String Cheese

Fresh crisp apple, low-fat string cheese sticks

■ HER

1 small apple, 1 string cheese

140 kcal

■ HIM

1 large apple, 2 string cheeses

220 kcal

■ Dinner

■ Grilled Chicken Pita Pizza with Mushrooms, Spinach & Fresh Mozzarella

Whole wheat pita as the crust — spread with low-sodium marinara, top with sliced grilled chicken breast, sauteed cremini mushrooms, wilted baby spinach, roasted red pepper, fresh mozzarella, dried oregano & fresh basil. Bake at 425F for 10–12 min until edges crisp and cheese bubbles. Make double — saves for Tuesday lunch.

■ HER

1 small (6") pita, 2oz grilled chicken, mushrooms, spinach

450 kcal

■ HIM

1 large (8") pita, 3oz grilled chicken, mushrooms, spinach + side salad

670 kcal

■ Cook tonight: Chicken Pita Pizzas — grill chicken first, then assemble. Make an extra one per person for Tuesday lunch. Store uncut in foil.

Daily Totals

■ Her: 1,265 kcal

■ His: 1,910 kcal

TUESDAY · Chinese Shanghai Style

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

■ Breakfast

Steamed Egg Custard with Soy & Scallion

Silky smooth steamed eggs seasoned with low-sodium soy sauce, toasted sesame oil, thinly sliced scallion — served with a slice of whole wheat toast. Simple, comforting and protein-rich.

■ HER

2 eggs steamed, light soy & sesame, 1 slice toast

290 kcal

■ HIM

3 eggs steamed, light soy & sesame, 1 slice toast + 1 soft-boiled egg on side

440 kcal

■ Lunch

■ Leftover: Grilled Chicken Pita Pizza (from Monday)

Monday's chicken pita pizza reheated in the oven at 375F for 8 minutes — the crust crisps back up and the chicken stays juicy. Or eat cold straight from the fridge, which is also surprisingly good.

■ HER

Mon chicken pita pizza reheated

420 kcal

■ HIM

Mon chicken pita pizza reheated + side cucumber salad

620 kcal

■ Snack

Edamame with Sea Salt & Chili Flakes

Warm shelled edamame, sea salt, pinch of chili flakes

■ HER

¾ cup shelled edamame

130 kcal

■ HIM

1 cup shelled edamame + 1 hard-boiled egg

220 kcal

■ Dinner

Hong Shao Pork Belly (Light) with Bok Choy & Jasmine Rice

Lean pork shoulder braised in soy sauce, Shaoxing wine, ginger, garlic, a touch of brown sugar until sticky and deeply fragrant. Steamed baby bok choy, jasmine rice. Cook DOUBLE — saves for Wednesday lunch.

■ HER

4oz braised pork, ½ cup rice, 2 bok choy

400 kcal

■ HIM

6oz braised pork, ¾ cup rice, 3 bok choy

590 kcal

■ Cook tonight: Hong Shao Pork — make DOUBLE. Pack Wednesday lunch containers before eating.

Daily Totals

■ Her: 1,240 kcal

■ His: 1,870 kcal

WEDNESDAY · American Fresh

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

■ Breakfast

■ Overnight Oats with Mixed Berries & Honey

Rollled oats soaked overnight in almond milk with vanilla protein powder, chia seeds, fresh mixed berries and a drizzle of honey. Prep the night before — zero morning cooking. Grab from fridge and go.

■ HER

1/3 cup oats, 1 scoop protein, 1/2 cup berries, chia seeds

310 kcal

■ HIM

1/2 cup oats, 1 scoop protein, 1/2 banana, 1/2 cup berries, 1 tbsp honey

450 kcal

■■ Lunch

■■ Leftover: Hong Shao Pork Rice Bowl (from Tuesday)

Tuesday's braised pork reheated over fresh steamed bok choy. The sauce thickens and deepens overnight — even better than the night before. 3-minute microwave.

■ HER

Tue pork, rice & bok choy reheated

370 kcal

■ HIM

Tue pork, rice & bok choy + side cucumber sesame salad

550 kcal

■ Snack

Cottage Cheese with Fresh Peach

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

■ HER

1/2 cup cottage cheese, 1/2 peach

130 kcal

■ HIM

3/4 cup cottage cheese, 1 peach

190 kcal

■ Dinner

Cajun Chicken & Sweet Potato Bowl

Chicken breast rubbed with Cajun seasoning, pan-seared then finished in the oven. Served over roasted sweet potato cubes, sauteed bell pepper & corn, fresh cilantro, lime crema (Greek yogurt + lime). Cook DOUBLE — saves for Thursday lunch.

■ HER

4oz Cajun chicken, 1/2 cup sweet potato, 1/2 cup veg

370 kcal

■ HIM

7oz Cajun chicken, 3/4 cup sweet potato, 3/4 cup veg

560 kcal

■ Cook tonight: Cajun Chicken Bowl — make DOUBLE. Pack Thursday lunch containers before eating. ■ Also prep tomorrow's snack and NEXT Wednesday overnight oats before bed.

Daily Totals

■ Her: 1,180 kcal

■ His: 1,750 kcal

THURSDAY · Chinese Cantonese

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

■ Breakfast

Savory Congee with Lean Pork & Pickled Greens

Smooth jasmine rice porridge with lean ground pork, zha cai (pickled mustard greens), ginger, scallion, white pepper, drizzle of sesame oil. Served with a soft-boiled egg on the side.

■ HER

½ cup rice, 2oz pork, zha cai, 1 soft-boiled egg

320 kcal

■ HIM

¾ cup rice, 3oz pork, zha cai, 1 soft-boiled egg

450 kcal

■■ Lunch

■■ Leftover: Cajun Chicken & Sweet Potato Bowl (from Wednesday)

Wednesday's Cajun chicken sliced over leftover sweet potato and veg. Add a squeeze of fresh lime and extra cilantro to refresh. Eat warm or cold — both work great.

■ HER

Wed Cajun chicken & sweet potato bowl, lime squeeze

340 kcal

■ HIM

Wed Cajun chicken & sweet potato bowl + sliced avocado

530 kcal

■ Snack

Mandarin Oranges + Roasted Pumpkin Seeds

Fresh mandarin oranges, roasted pepitas

■ HER

2 mandarins, 1 tbsp pepitas

100 kcal

■ HIM

3 mandarins, 2 tbsp pepitas

180 kcal

■ Dinner

■ Cantonese Shrimp with Black Bean Sauce, Bok Choy & Jasmine Rice

Large shrimp stir-fried in a rich fermented black bean sauce with garlic, ginger, bell pepper and scallion, finished with a touch of oyster sauce and sesame oil. Steamed baby bok choy and jasmine rice. Cook DOUBLE — saves for Friday lunch.

■ HER

5oz shrimp, black bean sauce, bok choy, ½ cup rice

370 kcal

■ HIM

8oz shrimp, black bean sauce, bok choy, ¾ cup rice + extra sauce

560 kcal

■ Cook tonight: Black Bean Sauce Shrimp — make DOUBLE. Pack Friday lunch containers before eating.

Daily Totals

■ Her: 1,130 kcal

■ His: 1,720 kcal

FRIDAY · American Bold

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

■ Breakfast

Smashed Avocado & Turkey on Whole Wheat Toast

Toasted whole wheat bread topped with smashed avocado seasoned with lemon juice, chili flakes and sea salt, layered with sliced turkey breast and cherry tomatoes. Clean, fast, satisfying.

■ HER

1 slice toast, ¼ avocado, 2oz turkey, tomatoes

300 kcal

■ HIM

2 slices toast, ½ avocado, 3oz turkey, tomatoes

460 kcal

■■ Lunch

■■ Leftover: Black Bean Shrimp & Rice Bowl (from Thursday)

Thursday's black bean shrimp reheated over fresh rice — the fermented black bean sauce deepens beautifully overnight. Add a drizzle of sesame oil and a sprinkle of fresh scallion to refresh.

■ HER

Thu shrimp & rice reheated, sesame oil, scallion

340 kcal

■ HIM

Thu shrimp & rice reheated + sliced cucumber on the side

520 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

■ Sirloin Chimichurri with Roasted Baby Potatoes & Broccolini

Lean sirloin steak pan-seared to medium, rested and sliced. Homemade chimichurri: flat-leaf parsley, garlic, olive oil, red wine vinegar, chili flakes. Roasted baby potatoes, steamed broccolini. Cook **DOUBLE** protein & potatoes — saves for Saturday lunch.

■ HER

4oz sirloin, 6 baby potatoes, broccolini, chimichurri

440 kcal

■ HIM

6oz sirloin, 9 baby potatoes, broccolini, extra chimichurri

640 kcal

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

Daily Totals

■ Her: 1,250 kcal

■ His: 1,870 kcal

SATURDAY · Chinese Cantonese Comfort

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

■ Breakfast

Jianbing Egg Crepe with Turkey, Oil Stick (Youtiao) & Hoisin

Thin egg crepe cooked on a non-stick pan, spread with hoisin and chili sauce, layered with sliced turkey breast and ½ youtiao (oil stick) for that signature crunch, shredded cucumber and scallion. Roll and serve immediately.

■ HER

1 crepe, 1oz turkey, ½ oil stick, hoisin & veg

290 kcal

■ HIM

2 crepes, 2oz turkey, 1 oil stick, hoisin & veg

490 kcal

■■ Lunch

■■ Leftover: Steak Chimichurri Salad (from Friday)

Friday's steak sliced cold and thin over baby greens with leftover baby potatoes, chimichurri drizzled over the top. The cold steak and warm potatoes (briefly reheated) make a beautiful steak salad — no extra cooking needed.

■ HER

Fri steak & potatoes over baby greens, chimichurri

400 kcal

■ HIM

Fri steak & potatoes over greens + extra chimichurri & feta crumble

600 kcal

■ Snack

Chilled Silken Tofu with Soy, Sesame & Scallion

Cold silken tofu with low-sodium soy, toasted sesame oil, sesame seeds, scallion — light, high protein, zero cooking

■ HER

½ block silken tofu

80 kcal

■ HIM

¾ block silken tofu + 1 hard-boiled egg

160 kcal

■ Dinner

Hainanese Chicken Rice with Ginger-Scallion Sauce

Chicken breast poached in low-sodium broth with ginger and scallion until silky. Rice cooked in the poaching broth for incredible depth. Served with ginger-scallion oil, sliced cucumber and light soy dipping sauce. Cook DOUBLE — saves for Sunday lunch.

■ HER

4oz poached chicken, ½ cup broth rice, cucumber

380 kcal

■ HIM

7oz poached chicken, ¾ cup broth rice, cucumber, extra sauce

570 kcal

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

Daily Totals

■ Her: 1,150 kcal

■ His: 1,820 kcal

SUNDAY · Special Occasion — Surf & Turf

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 until golden, topped with non-fat Greek yogurt, fresh strawberries, drizzle of honey. Light enough to leave room for tonight's special dinner.

■ HER

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

320 kcal

■ HIM

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

460 kcal

■■ Lunch

■■ Leftover: Hainanese Chicken Rice (from Saturday)

Saturday's Hainanese chicken and rice reheated — the broth-cooked rice becomes even more fragrant overnight. Top with fresh scallion and a drizzle of ginger-scallion oil. Keep it light today — big dinner tonight!

■ HER

Sat chicken & broth rice, ginger-scallion oil

350 kcal

■ HIM

Sat chicken & broth rice, extra sauce + cucumber side

530 kcal

■ Snack

Protein Shake + Mixed Nuts

Vanilla whey protein blended with almond milk and ice — keep it small to leave room for tonight's dinner. Small handful of mixed nuts on the side.

■ HER

1 scoop protein, 1 cup almond milk, 8 nuts

190 kcal

■ HIM

1 scoop protein, 1 cup almond milk, 12 nuts

240 kcal

■ Dinner

■ Tomahawk Ribeye + ■ Butter Roasted Lobster with Sides

TOMAHAWK: Season liberally with sea salt & black pepper. Sear in cast iron 3 min per side, finish in 400F oven to desired temp (135F medium-rare). Rest 10 min. Slice off bone and carve to portions. LOBSTER: Split tails, brush with garlic-herb butter (2 tbsp butter, garlic, lemon, parsley), roast at 425F for 12–14 min. SIDES: Roasted garlic asparagus, whipped cauliflower mash, roasted cherry tomatoes. Cook DOUBLE meat portions — saves for Monday leftover lunch. A special occasion meal — slightly higher calories is perfectly fine tonight.

■ HER

4oz tomahawk, 4oz lobster tail, asparagus, cauli mash

560 kcal

■ HIM

7oz tomahawk, 6oz lobster tail, asparagus, cauli mash, roasted tomatoes

840 kcal

■ Cook tonight: Tomahawk + Lobster — slice extra steak portions and save leftover lobster for Monday's incredible leftover lunch.

This closes the loop!

Daily Totals

■ Her: 1,420 kcal

■ His: 2,070 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 · ■ Rust border = special occasion Sunday dinner

■ Proteins, Seafood & Meat · dinner quantities doubled for leftovers

■ Tomahawk ribeye steak (bone-in) <i>■ Sun special dinner — carve portions, save extra for Mon leftover</i>	1 large (~2.5–3 lbs)	■ Lobster tails (fresh or thawed) <i>■ Sun dinner — her 4oz, his 6oz meat + leftover for Mon</i>	2 tails (6–8oz each)
■ Lean sirloin steak <i>■ Fri chimichurri dinner + Sat leftover — double portions</i>	~2 lbs	■ Large shrimp (peeled, deveined) <i>■ Thu black bean sauce dinner + Fri leftover — double</i>	~2.5 lbs
■ Chicken breast (boneless, skinless) <i>Mon pizza topping (grilled) + Wed Cajun dinner + Thu leftover; Sat Hainanese + Sun leftover</i>	~4 lbs	■ Lean pork shoulder (braising) <i>Tue Hong Shao dinner + Wed leftover — double</i>	~2.5 lbs
■ Lean ground pork <i>Thu savory congee breakfast</i>	½ lb	■ Sliced turkey breast (deli) <i>Fri avocado toast breakfast, Sat jianbing breakfast</i>	½ lb
■ Eggs (large) <i>Used every day — both people</i>	3 dozen	■ Silken tofu <i>Sat chilled tofu snack</i>	2 × 14oz blocks
■ Low-fat string cheese <i>Mon snack — her 1, his 2</i>	1 pack (10 sticks)	■ Low-fat cottage cheese <i>Wed cottage cheese snack</i>	2 × 16oz containers
■ Whey/vanilla protein powder <i>Wed overnight oats, Sun shake</i>	1 container		

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

■ Baby spinach <i>Mon egg muffins, Mon pita pizza topping</i>	2 × 5oz bags	■ Baby greens / arugula <i>Mon tomahawk leftover, Sat steak salad leftover</i>	1 × 5oz bag
■ Bok choy (baby) <i>Tue Hong Shao pork dinner + Wed leftover</i>	2 bags (~10 heads)	■ Broccolini <i>Fri chimichurri dinner + Sat leftover</i>	2 bunches
■ Asparagus <i>Sun tomahawk dinner + Mon leftover</i>	2 bunches	■ Cauliflower (large head) <i>Sun whipped cauliflower mash side</i>	1
■ Zucchini (medium) <i>Thu black bean shrimp — double portions</i>	4	■ Bell peppers (red/yellow/green) <i>Mon pita pizza, Wed Cajun, Thu black bean shrimp</i>	6
■ Cremini mushrooms (fresh) <i>Mon egg muffins, Mon pita pizza</i>	2 × 8oz packs	■ Cherry tomatoes <i>Sun roasted side, Fri avocado toast, Mon muffins</i>	2 pints

■ Sweet potato (medium) <i>Wed Cajun chicken bowl — double portions</i>	4	■ Baby potatoes <i>Fri chimichurri + Sat leftover steak salad — double</i>	~2 lbs
■ Cucumber (large) <i>Sat jianbing, Sat Hainanese, Tue leftover</i>	3	■ Avocado <i>Fri avocado turkey toast breakfast</i>	2
■ Onion (yellow) <i>Tue pork braise, Wed Cajun, Mon muffins</i>	3	■ Scallions / green onions <i>Tue, Thu, Sat, Sun — all Chinese meals</i>	3 bunches
■ Ginger (fresh, large knobs) <i>Tue Hong Shao, Thu congee, Sat Hainanese</i>	2 knobs	■ Garlic (fresh) <i>Used all week</i>	3 heads
■ Fresh flat-leaf parsley <i>Fri chimichurri + Sun lobster butter</i>	1 large bunch	■ Fresh basil <i>Mon pita pizza topping</i>	1 bunch
■ Fresh cilantro <i>Wed Cajun bowl, Thu black bean shrimp garnish</i>	1 bunch	■ Lemon <i>Mon leftover, Fri avocado toast, Sun lobster</i>	4
■ Lime <i>Wed Cajun crema, general</i>	2	■ Strawberries (fresh) <i>Sun French toast breakfast</i>	1 pint
■ Mixed berries (fresh or frozen) <i>Wed overnight oats</i>	1 × 12oz bag	■ Banana <i>Wed overnight oats — his portion</i>	2
■ Apple (small + large) <i>Mon snack — her small, his large</i>	3+2	■ 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>Sun French toast, Wed Cajun crema (lime), general</i>	1 × 32oz tub	■ Low-fat feta (crumbled) <i>Mon egg muffins, Sat steak salad leftover</i>	1 small container
■ Fresh mozzarella (for pizza) <i>Mon pita pizza — sliced</i>	8oz ball	■ Low-fat shredded mozzarella <i>Mon pita pizza topping backup</i>	1 × 8oz bag
■ Parmesan (grated) <i>Mon egg muffins optional</i>	1 small wedge	■ Unsalted butter ■ Sun lobster roasting — garlic herb butter	1 stick
■ Low-sodium chicken broth <i>Sat Hainanese rice + broth cook, Thu congee</i>	2 × 32oz cartons	■ Unsweetened almond milk <i>Wed overnight oats, Sun shake, French toast</i>	2 × half-gallon cartons
■ Low-sodium marinara sauce <i>Mon pita pizza dinner + Tue leftover</i>	2 × 24oz jars	■ Tzatziki or Greek yogurt crema <i>Wed Cajun bowl + Thu leftover</i>	1 × 8oz tub
■ Mixed nuts (almonds, walnuts, cashews) <i>Sun snack</i>	1 small bag	■ Walnuts <i>Fri yogurt snack</i>	1 small bag
■ Pumpkin seeds / pepitas <i>Thu snack</i>	1 small bag		

■ Grains, Pasta & Dry Goods

■ Brown rice <i>Thu black bean shrimp & Sat Hainanese — multiple days</i>	1 × 5 lb bag	■ Jasmine rice <i>Tue Hong Shao pork, Thu congee, Sat Hainanese broth rice</i>	1 × 2 lb bag
■ Rolled oats <i>Wed overnight oats</i>	1 × 42oz canister	■ Whole wheat bread (sliced) <i>Mon egg muffins + toast, Tue steamed egg toast, Fri avocado toast, Sun French toast</i>	1 loaf
■ Whole wheat pita bread (6" + 8") <i>Mon pita pizza dinner — her 6", his 8"</i>	1 pack each size	■ Whole wheat panko breadcrumbs <i>Mon egg muffins optional coating</i>	1 small bag
■ Youtiao / oil sticks (frozen) <i>Sat jianbing breakfast — reheat in air fryer</i>	1 pack	■ Chia seeds <i>Wed overnight oats</i>	1 bag
■ Fermented black bean sauce <i>Thu black bean shrimp dinner + Fri leftover — key ingredient</i>	1 large jar	■ Sesame seeds <i>Sat tofu snack, Sat Hainanese</i>	1 small jar
■ Pickled mustard greens / zha cai <i>Thu congee breakfast</i>	1 small jar	■ Dried oregano <i>Mon pita pizza</i>	1 bottle

■ Sauces, Condiments & Pantry

■ Low-sodium soy sauce <i>Tue Hong Shao, Thu congee, Sat Hainanese, Sat tofu snack</i>	1 large bottle	■ Shaoxing cooking wine <i>Tue Hong Shao pork braise</i>	1 bottle
■ Hoisin sauce <i>Sat jianbing crepe breakfast</i>	1 bottle	■ Oyster sauce (low-sodium) <i>Sat Hainanese dipping sauce</i>	1 bottle
■ Oyster sauce (low-sodium) <i>Thu black bean shrimp, Sat Hainanese dipping</i>	1 bottle	■ Sesame oil (toasted) <i>Tue steamed egg, Thu congee, Sat tofu, Sat Hainanese</i>	1 bottle
■ Chili oil or chili sauce <i>Sat jianbing, general</i>	1 small jar	■ Rice vinegar <i>Sat tofu snack, general</i>	1 bottle
■ Red wine vinegar <i>Fri chimichurri sauce</i>	1 bottle	■ Extra virgin olive oil <i>Mon pita pizza, Fri chimichurri, Sun asparagus</i>	1 bottle
■ Cajun seasoning blend <i>Wed Cajun chicken bowl — double</i>	1 bottle	■ White pepper (ground) <i>Thu savory congee</i>	1 small jar
■ Chili flakes <i>Fri avocado toast, Fri chimichurri, general</i>	1 jar	■ Honey (raw) <i>Wed overnight oats, Sun French toast</i>	1 small jar
■ Dijon mustard <i>Optional dressing use</i>	1 jar	■ Sea salt & black pepper (coarse for steak) ■ Sun tomahawk — season generously	stocked
■ Brown sugar (small amount) <i>Tue Hong Shao pork — just a touch</i>	1 small bag		

■ Pizza Night Extras (Monday)

■ Roasted red peppers (jar) <i>Mon pita pizza topping</i>	1 × 12oz jar	■ Fresh basil <i>Mon pita pizza + Tue leftover reheat</i>	1 bunch
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■ Garlic powder <i>Mon pita pizza seasoning</i>	1 jar	■ Cooking spray <i>Mon egg muffins, general baking</i>	1 can
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■ Special Occasion — Sunday Surf & Turf

■ Tomahawk ribeye (2.5–3 lbs, bone-in) ■ <i>The star — sear in cast iron, finish in oven</i>	1 steak	■ Lobster tails (fresh or thawed) ■ <i>Halve, brush with herb butter, roast 425F 12–14 min</i>	2 tails (6–8oz each)
■ Unsalted butter (for lobster) <i>Garlic-herb butter: butter + garlic + lemon + parsley</i>	3 tbsp	■ Fresh lemon (for lobster) <i>Squeeze into butter and finish over lobster</i>	2
■ Coarse sea salt & black pepper <i>Generous steak seasoning — do not skimp</i>	stocked	■ Instant-read thermometer <i>Pull tomahawk at 125F for medium-rare — rests to 135F</i>	if needed
■ Cast iron skillet (12") <i>The only pan for a proper tomahawk sear</i>	if needed		

■ Supplements & Household

■ Whey protein powder (shared) <i>Wed overnight oats + Sun protein 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 + day — pack before eating</i>	Set of 14

Week 7 Tips	Chicken pizza: grill chicken first, bake 425F 10–12 min · Black bean shrimp: rinse beans before using · Overnight oats: prep Tuesday night · Tomahawk: pull at 125F internal, rest 10 min · Lobster: 425F 12–14 min, do not overcook · Pack Sunday leftovers — best Monday lunch ever
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