

Maintenance Week — Metabolic Reset

■ Empanadas · ■ Salmon · ■ Scampi · ■ Tandoori · ■■ Lemon Orzo · ■ Nachos · Hainanese

■ HER — MAINTENANCE WEEK

~1,650–1,840 kcal/day

vs. ~1,200–1,350 during deficit

5 meals per day · Reset leptin & metabolism

■ HIM — MAINTENANCE WEEK

~2,300–2,590 kcal/day

vs. ~1,750–1,900 during deficit

5 meals per day · Reduce cortisol · Recharge

What is a maintenance week? After 7 weeks of calorie deficit your metabolism slows and hunger hormones rise. This week brings calories back to maintenance level — same food quality, just more of it and one extra afternoon snack ■ each day. Research shows periodic diet breaks lead to MORE fat loss long-term. **This is NOT a cheat week — Week 9 returns to the normal deficit.**

■■ Self-Closing Leftover Loop — 5 meals per day · Cook dinner once, eat twice

Sun	Hainanese Chicken Rice (big batch)	→	Mon	Hainanese rice bowl reheated
Mon	■ Chicken Empanadas	→	Tue	Empanadas reheated in oven
Tue	■ Herb-Crusted Salmon	→	Wed	Salmon flaked wild rice bowl
Wed	■ Garlic Butter Shrimp Scampi	→	Thu	Scampi gently reheated
Thu	■ Chicken Tandoori	→	Fri	Tandoori rice bowl cold or warm
Fri	■■ Caprese + Lemon Chicken Orzo	→	Sat	Lemon chicken orzo reheated
Sat	■ Diet Nachos (save toppings!)	→	Sun	Turkey+bean burrito bowl over rice

Weekly Overview — Maintenance Calories

Day	Dinner (cook double)	■■ Next day lunch	■ Cal	■ Cal
Mon	Diet-Modified Baked Chicken Empanadas	→ <i>Chicken Empanadas</i>	1,655	2,300
Tue	Herb-Crusted Baked Salmon with Wild Rice Pilaf & Roasted Asparagus	→ <i>Herb-Crusted Salmon Wild Rice Bowl</i>	1,810	2,470
Wed	Garlic Butter Shrimp Scampi with Whole Wheat Linguine	→ <i>Garlic Butter Shrimp Scampi</i>	1,790	2,470
Thu	Pressure Cooked Chicken Tandoori with Basmati Rice, Naan & Cucumber Raita	→ <i>Chicken Tandoori Rice Bowl</i>	1,730	2,460

Fri	Caprese Salad Starter + One-Pan Lemon Chicken Orzo	→ <i>One-Pan Lemon Chicken Orzo</i>	1,840	2,590
Sat	Diet-Friendly Loaded Nachos	→ <i>Nacho Turkey & Bean Burrito Bowl</i>	1,730	2,450
Sun	Hainanese Chicken Rice with Ginger-Scallion Sauce & Cucumber	→ <i>Hainanese Chicken Rice</i>	1,700	2,480

MONDAY · American Fusion — Maintenance

Cook dinner double · pack lunch before eating · ■■ leftover · ■ = extra maintenance snack

■ Breakfast

Blueberry Buttermilk Protein Pancakes

Whole wheat buttermilk pancakes with vanilla protein powder folded in, topped with fresh blueberries, pure maple syrup and cinnamon

■ HER

3 pancakes, ½ cup blueberries, 1 tbsp maple syrup

440 kcal

■ HIM

5 pancakes, ¾ cup blueberries, 1.5 tbsp maple syrup

560 kcal

■■ Lunch

■■ Leftover: Hainanese Chicken Rice (from Sunday)

Sunday's Hainanese chicken and broth-cooked rice reheated — the jasmine rice absorbs the ginger-scallion flavours overnight. Top with fresh scallion and a drizzle of sesame oil.

■ HER

Sun Hainanese chicken, broth rice, ginger-scallion sauce

370 kcal

■ HIM

Sun Hainanese chicken, broth rice, extra sauce + cucumber

540 kcal

■ Snack

Hummus with Whole Wheat Pita Strips & Rainbow Veg

Roasted garlic hummus, toasted whole wheat pita strips, baby carrots, celery, cucumber rounds

■ HER

4 tbsp hummus, ½ pita toasted, 1 cup veg

200 kcal

■ HIM

6 tbsp hummus, 1 pita toasted, 1.5 cups veg

280 kcal

■ Afternoon Snack

Almond Butter & Banana Rice Cakes

Lightly salted rice cakes spread with natural almond butter, topped with sliced banana and chia seeds

■ HER

1 rice cake, 1 tbsp almond butter, ½ banana

155 kcal

■ HIM

2 rice cakes, 1.5 tbsp almond butter, ½ banana

220 kcal

■ Dinner

■ Diet-Modified Baked Chicken Empanadas

MODIFIED RECIPE: Whole wheat dough (2¾ cups whole wheat flour, 2 tbsp olive oil + 2 tbsp cold butter instead of ¾ cup butter, ½ cup cold water, pinch salt). Filling: chicken breast, caramelised onion, garlic, paprika, cumin, chili, reduced-fat Monterey Jack, spinach, corn, peas, green chili. Bake at 425F 20–25 min. Egg wash for golden finish. Cook EXTRA — saves for Tuesday lunch.

■ HER

2 whole wheat empanadas, side arugula salad

490 kcal

■ HIM

3 whole wheat empanadas, side arugula salad

700 kcal

■ Cook tonight: Chicken Empanadas — make extra (her: +2, his: +3) for Tuesday lunch. Store in fridge on parchment.

Daily Totals

■ Her: 1,655 kcal

■ His: 2,300 kcal

TUESDAY · Chinese Northern + Salmon — Maintenance

Cook dinner double · pack lunch before eating · ■■ leftover · ■ = extra maintenance snack

■ Breakfast

Zha Jiang Mian — Savory Pork Noodle Bowl

Thick wheat noodles with ground pork cooked in tianmian jiang and doubanjiang, shredded cucumber, shredded carrot, edamame and scallion — hearty Northern Chinese classic

■ HER

½ cup noodles, 2oz pork, veg toppings

420 kcal

■ HIM

¾ cup noodles, 3oz pork, generous veg toppings

550 kcal

■ Lunch

■■ Leftover: Chicken Empanadas (from Monday)

Monday's empanadas reheated in the oven at 375F for 10 minutes — the whole wheat crust crisps back up beautifully and the filling stays moist. Even better the next day.

■ HER

Mon chicken empanadas reheated, squeeze of lime

460 kcal

■ HIM

Mon chicken empanadas reheated + side cucumber salad

660 kcal

■ Snack

Edamame, Hard-Boiled Egg & Mandarin Orange

Warm shelled edamame with sea salt, hard-boiled egg, fresh mandarin oranges

■ HER

¾ cup edamame, 1 egg, 2 mandarins

220 kcal

■ HIM

1 cup edamame, 1 egg, 3 mandarins

290 kcal

■ Afternoon Snack

Warm Soy Milk with Red Dates & Walnuts

Unsweetened warm soy milk with dried red jujube dates and walnuts — traditional Chinese afternoon tonic

■ HER

1 cup soy milk, 2 red dates, 6 walnuts

180 kcal

■ HIM

1.5 cups soy milk, 3 red dates, 8 walnuts

240 kcal

■ Dinner

■ Herb-Crusted Baked Salmon with Wild Rice Pilaf & Roasted Asparagus

Salmon fillet crusted with Dijon mustard, whole wheat panko, fresh dill, parsley and lemon zest — baked at 400F until golden. Wild rice pilaf with toasted almonds and dried cranberries. Roasted asparagus with olive oil and garlic. Cook DOUBLE salmon & rice — saves for Wednesday lunch.

■ HER

5oz herb-crusted salmon, ½ cup wild rice pilaf, asparagus

530 kcal

■ HIM

7oz herb-crusted salmon, ¾ cup wild rice pilaf, extra asparagus

730 kcal

■ Cook tonight: Herb-Crusted Salmon & Wild Rice — make DOUBLE. Pack Wednesday lunch containers before eating.

Daily Totals

■ Her: 1,810 kcal

■ His: 2,470 kcal

WEDNESDAY · American Indulgent — Maintenance

Cook dinner double · pack lunch before eating · ■■ leftover · ■ = extra maintenance snack

■ Breakfast

Smoked Salmon Eggs Benedict with Light Hollandaise

Whole wheat English muffin, smoked salmon, poached eggs, light Greek yogurt hollandaise (Greek yogurt, lemon, Dijon, touch of butter), fresh dill, capers, cracked pepper

■ HER

1 English muffin, 2oz smoked salmon, 2 poached eggs

440 kcal

■ HIM

2 English muffins, 3oz smoked salmon, 2 poached eggs, extra hollandaise

570 kcal

■■ Lunch

■■ Leftover: Herb-Crusted Salmon Wild Rice Bowl (from Tuesday)

Tuesday's salmon flaked over wild rice pilaf — serve cold or gently warmed. The herb crust stays fragrant and flavourful cold. Add baby greens, lemon squeeze and olive oil drizzle.

■ HER

Tue salmon flaked over wild rice, greens, lemon

500 kcal

■ HIM

Tue salmon flaked over wild rice, extra greens, olive oil drizzle

700 kcal

■ Snack

Cottage Cheese with Peach, Granola & Honey

Low-fat cottage cheese, fresh or canned peach slices, low-sugar granola, drizzle of honey

■ HER

½ cup cottage cheese, ½ peach, 1 tbsp granola

180 kcal

■ HIM

¾ cup cottage cheese, 1 peach, 2 tbsp granola, 1 tsp honey

250 kcal

■ Afternoon Snack

Sliced Apple with Sharp Cheddar

Crisp Fuji apple sliced thin paired with reduced-fat sharp cheddar — classic sweet-savoury combination

■ HER

1 medium apple, 1oz reduced-fat cheddar

160 kcal

■ HIM

1 large apple, 1.5oz reduced-fat cheddar

220 kcal

■ Dinner

■ Garlic Butter Shrimp Scampi with Whole Wheat Linguine

Large shrimp sautéed in garlic, white wine, lemon and light butter, tossed with whole wheat linguine, fresh parsley and Parmesan. Cook DOUBLE — saves for Thursday lunch.

■ HER

5oz shrimp, ¾ cup linguine, garlic butter, Parmesan

510 kcal

■ HIM

8oz shrimp, 1 cup linguine, garlic butter, extra Parmesan

730 kcal

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

Daily Totals

■ Her: 1,790 kcal

■ His: 2,470 kcal

THURSDAY · Indian-Inspired — Maintenance

Cook dinner double · pack lunch before eating · ■■ leftover · ■ = extra maintenance snack

■ Breakfast

Steamed Char Siu Bao with Soft-Boiled Egg & Warm Soy Milk

Fluffy steamed BBQ pork buns (baked version preferred), soft-boiled egg, unsweetened warm soy milk — classic Hong Kong dim sum morning

■ HER

2 buns, 1 soft-boiled egg, 1 cup warm soy milk

430 kcal

■ HIM

3 buns, 2 soft-boiled eggs, 1 cup warm soy milk

580 kcal

■■ Lunch

■■ Leftover: Garlic Butter Shrimp Scampi (from Wednesday)

Wednesday's scampi reheated gently in a pan with a tiny splash of water or white wine — heat just until warmed through to keep shrimp tender. Top with fresh parsley and lemon.

■ HER

Wed shrimp scampi linguine, fresh parsley, lemon

480 kcal

■ HIM

Wed shrimp scampi linguine, extra Parmesan + lemon squeeze

700 kcal

■ Snack

Smashed Cucumber with Sesame & Pumpkin Seeds

Smashed fresh cucumber with rice vinegar, sesame oil, garlic, chili flakes, sesame seeds, roasted pepitas

■ HER

1 large cucumber, dressing, 1 tbsp pepitas

110 kcal

■ HIM

1 large cucumber + 1 hard-boiled egg, 2 tbsp pepitas

190 kcal

■ Afternoon Snack

Mini Mango Sticky Rice (Thai-Inspired Treat)

Small portion of glutinous rice drizzled with light coconut milk, fresh mango slices — a special maintenance week treat

■ HER

¼ cup sticky rice, ½ cup mango, light coconut milk drizzle

200 kcal

■ HIM

■ cup sticky rice, ¾ cup mango, coconut milk drizzle

260 kcal

■ Dinner

■ Pressure Cooked Chicken Tandoori with Basmati Rice, Naan & Cucumber Raita

Chicken thighs marinated 1+ hours in non-fat yogurt, lemon, ginger, garlic, cumin, coriander, turmeric, garam masala, paprika, chili — pressure cook 15 min on high, then broil 3–4 min for authentic char marks. Serve with fluffy basmati rice, a small whole wheat naan and cooling cucumber raita (yogurt, cucumber, mint, cumin). Cook **DOUBLE** — saves for Friday lunch.

■ HER

4oz tandoori chicken, ½ cup basmati, ½ naan, raita

510 kcal

■ HIM

6oz tandoori chicken, ¾ cup basmati, 1 naan, raita + extra

730 kcal

■ **Cook tonight: Chicken Tandoori** — marinate this morning for best flavour. Pressure cook 15 min, broil for char. Make **DOUBLE**. Pack Friday lunch before eating.

Daily Totals

■ Her: 1,730 kcal

■ His: 2,460 kcal

FRIDAY · Italian Comfort — Maintenance

Cook dinner double · pack lunch before eating · ■■ leftover · ■ = extra maintenance snack

■ Breakfast

■ Steak & Eggs with Sautéed Spinach & Whole Wheat Toast

Lean sirloin pan-seared medium-rare, fried or scrambled eggs, garlicky sautéed baby spinach, whole wheat toast — a protein-packed Friday morning

■ HER

3oz sirloin, 2 eggs, 1 cup spinach, 1 slice toast

430 kcal

■ HIM

5oz sirloin, 3 eggs, 1.5 cups spinach, 2 slices toast

600 kcal

■■ Lunch

■■ Leftover: Chicken Tandoori Rice Bowl (from Thursday)

Thursday's tandoori chicken sliced cold or reheated over leftover basmati rice — the marinade flavours deepen overnight. Add a spoon of raita and fresh cilantro. Excellent cold too.

■ HER

Thu tandoori chicken, basmati rice, raita, cilantro

480 kcal

■ HIM

Thu tandoori chicken, basmati, raita, extra naan wedge

700 kcal

■ Snack

Greek Yogurt with Mixed Berries, Walnuts & Honey

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

■ HER

¾ cup yogurt, ½ cup berries, 8 walnuts, 1 tsp honey

220 kcal

■ HIM

1 cup yogurt, ¾ cup berries, 12 walnuts, 1 tsp honey

300 kcal

■ Afternoon Snack

Celery & Carrots with Peanut Butter

Fresh celery stalks and baby carrots with natural peanut butter for dipping

■ HER

4 celery, 6 carrots, 1.5 tbsp peanut butter

170 kcal

■ HIM

5 celery, 8 carrots, 2 tbsp peanut butter

220 kcal

■ Dinner

■■ Caprese Salad Starter + One-Pan Lemon Chicken Orzo

STARTER: Fresh mozzarella, thick-sliced heirloom tomatoes, fresh basil, good olive oil, aged balsamic glaze, sea salt. MAIN: Chicken breast, whole wheat orzo, baby spinach, cherry tomatoes, garlic, lemon zest & juice, low-sodium chicken broth, splash of white wine, grated Parmesan — all cooked in one pan for incredible depth of flavour. Cook DOUBLE — saves for Saturday lunch.

■ HER

Caprese starter + 4oz chicken, ½ cup orzo, spinach, Parmesan

520 kcal

■ HIM

Caprese starter + 6oz chicken, ¾ cup orzo, spinach, extra Parmesan

740 kcal

■ Cook tonight: One-Pan Lemon Chicken Orzo — make DOUBLE. Cook extra orzo and chicken in the same pan. Pack Saturday lunch before eating.

Daily Totals

■ Her: 1,840 kcal

■ His: 2,590 kcal

SATURDAY · Fun & Social — Maintenance

Cook dinner double · pack lunch before eating · ■■ leftover · ■ = extra maintenance snack

■ Breakfast

Dim Sum Morning — Har Gow, Siu Mai & Light Congee

Steamed shrimp har gow dumplings, steamed pork & shrimp siu mai, small bowl of light jasmine congee with ginger and scallion — the complete dim sum breakfast experience at home

■ HER

3 har gow, 2 siu mai, ½ bowl light congee

420 kcal

■ HIM

5 har gow, 3 siu mai, ¾ bowl light congee

580 kcal

■■ Lunch

■■ Leftover: One-Pan Lemon Chicken Orzo (from Friday)

Friday's lemon chicken orzo reheated in a covered pan with a small splash of chicken broth or water — the orzo absorbs even more lemon flavour overnight. Top with fresh Parmesan and a squeeze of lemon.

■ HER

Fri lemon chicken orzo reheated, Parmesan, lemon squeeze

490 kcal

■ HIM

Fri lemon chicken orzo reheated, extra Parmesan + side salad

710 kcal

■ Snack

Five-Spice Steamed Peanuts & Fresh Fruit Platter

Chinese five-spice steamed peanuts, fresh mango slices, lychee and mandarin orange

■ HER

2 tbsp peanuts, ½ cup mixed fruit

170 kcal

■ HIM

3 tbsp peanuts, ¾ cup mixed fruit

230 kcal

■ Afternoon Snack

Almond Milk Matcha Latte & 2 Squares Dark Chocolate

Frothed warm almond milk with matcha powder and honey. Two squares of 70%+ dark chocolate — a sophisticated afternoon treat

■ HER

1 cup matcha latte, 2 squares dark chocolate

170 kcal

■ HIM

1 cup matcha latte, 2 squares dark chocolate + few almonds

230 kcal

■ Dinner

■ Diet-Friendly Loaded Nachos

CHIPS: Baked whole grain tortilla chips (or air-fried) laid on a sheet pan. TOPPINGS: Seasoned lean ground turkey (cumin, chili powder, garlic, paprika) + black beans + roasted corn. CHEESE: Light shredded Mexican blend (use sparingly — 2 tbsp per serving). Bake at 400F 8–10 min until cheese melts. FINISH: Greek yogurt dollop (sour cream sub), fresh pico de gallo, sliced avocado, jalapeño, fresh cilantro, lime wedge. SAVE THE TURKEY+BEAN TOPPING for Sunday — serve over rice as a burrito bowl (not the chips).

■ HER

1 cup baked chips, 3oz turkey topping, beans, light cheese, Greek yogurt, pico, ¼ avocado

460 kcal

■ HIM

1.5 cups baked chips, 5oz turkey topping, beans, light cheese, Greek yogurt, pico, ½ avocado

670 kcal

■ Cook tonight: Nachos — SAVE all turkey + bean topping (not the chips) in a container. Sunday lunch = burrito bowl over rice. No chips needed.

Daily Totals

■ Her: 1,730 kcal

■ His: 2,450 kcal

SUNDAY · East Meets West — Maintenance Close

Cook dinner double · pack lunch before eating · ■■ leftover · ■ = extra maintenance snack

■ Breakfast

Avocado Eggs Royale Brunch Plate

Toasted whole wheat sourdough, smashed avocado with lemon and chili flakes, smoked salmon, poached eggs, light Greek yogurt hollandaise, fresh dill, capers — a proper Sunday brunch

■ HER

1 slice sourdough, ¼ avocado, 2oz salmon, 1 poached egg

380 kcal

■ HIM

2 slices sourdough, ½ avocado, 3oz salmon, 2 poached eggs, hollandaise

580 kcal

■■ Lunch

■■ Leftover: Nacho Turkey & Bean Burrito Bowl (from Saturday)

Saturday's seasoned turkey + black bean topping reheated over fresh steamed rice — no soggy chips needed. Top with leftover pico, Greek yogurt crema, fresh cilantro and lime. Tastes like a brand new dish.

■ HER

Sat turkey + bean topping, ½ cup steamed rice, pico, Greek yogurt, cilantro, lime

420 kcal

■ HIM

Sat turkey + bean topping, ¾ cup steamed rice, pico, extra toppings

620 kcal

■ Snack

Vanilla Protein Shake & Mixed Nuts

Vanilla whey protein blended with almond milk and ice, generous handful of mixed nuts — fuel for the big Sunday cook

■ HER

1 scoop protein, 1 cup almond milk, 10 mixed nuts

230 kcal

■ HIM

1.5 scoops protein, 1 cup almond milk, 15 mixed nuts

330 kcal

■ Afternoon Snack

Reduced-Fat Cheese & Whole Wheat Crackers with Grapes

Slices of reduced-fat sharp cheddar with whole wheat crackers and a small bunch of red grapes — simple European-style afternoon plate

■ HER

1.5oz cheese, 5 crackers, ½ cup grapes

220 kcal

■ HIM

2oz cheese, 7 crackers, ¾ cup grapes

300 kcal

■ Dinner

Hainanese Chicken Rice with Ginger-Scallion Sauce & Cucumber

Chicken breast (or thigh) poached in low-sodium broth with ginger and scallion until silky. Rice cooked in the poaching broth for incredible depth. Served with homemade ginger-scallion oil, sliced cucumber and light soy dipping sauce. MAKE A BIG BATCH — feeds Sunday dinner and closes the loop for Monday lunch next week.

■ HER

5oz poached chicken, ¾ cup broth rice, cucumber, ginger-scallion oil

450 kcal

■ HIM

8oz poached chicken, 1 cup broth rice, cucumber, extra sauce

650 kcal

■ Cook tonight: Hainanese Chicken Rice — make a BIG BATCH. Closes the loop → Monday lunch next week. Week 9 returns to the normal deficit!

Daily Totals

■ Her: 1,700 kcal

■ His: 2,480 kcal

More Food. Same Quality. Double the Dinners.

All dinner quantities doubled · Empanada dough modified · Nacho toppings saved for burrito bowl

■ Orange border = leftover meal · ■ Orange outline = extra afternoon snack (maintenance only) · ■ Save nacho toppings — not the chips!

■ Proteins & Seafood · dinner quantities doubled for cook-once-eat-twice

■ Chicken breast (boneless, skinless) <i>Mon empanadas (1 lb cooked & shredded) · Thu tandoori (DOUBLE) · Fri orzo (DOUBLE) · Sun Hainanese (BIG BATCH)</i>	~5 lbs total	■ Lean sirloin steak <i>Fri steak & eggs breakfast</i>	~1 lb
■ Atlantic salmon fillet <i>■ Tue herb-crusted dinner + Wed leftover</i>	2 pieces (5oz + 7oz)	■ Smoked salmon (sliced) <i>Wed eggs benedict, Sun brunch</i>	~½ lb
■ Large shrimp (peeled, deveined) <i>■ Wed garlic butter scampi + Thu leftover — DOUBLE</i>	~2.5 lbs	■ Lean ground turkey <i>■ Sat nachos dinner + Sun leftover burrito bowl — DOUBLE</i>	~2.5 lbs
■ Lean ground pork <i>Tue zha jiang mian breakfast</i>	½ lb	■ Char siu bao (BBQ pork buns, frozen) <i>Thu dim sum breakfast — steam from frozen</i>	1 × 12oz pack
■ Har gow dumplings (frozen, shrimp) <i>Sat dim sum breakfast</i>	1 × 12oz pack	■ Siu mai dumplings (frozen pork & shrimp) <i>Sat dim sum breakfast</i>	1 × 12oz pack
■ Eggs (large) <i>Used every day — both people</i>	3 dozen	■ Whey/vanilla protein powder <i>Mon pancakes, Sun shake</i>	1 container

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

■ Baby spinach <i>Mon empanada filling, Fri steak & eggs</i>	2 × 5oz bags	■ Baby arugula or mixed greens <i>Mon empanada side salad, Wed salmon leftover</i>	1 × 5oz bag
■ Asparagus <i>Tue herb salmon dinner + Wed leftover — DOUBLE</i>	2 bunches	■ Cucumber (large) <i>Mon Hainanese leftover, Thu snack, Sat & Sun Hainanese</i>	5
■ Cherry tomatoes <i>Fri caprese starter, Fri orzo, Sat pico de gallo</i>	2 pints	■ Heirloom tomatoes (large) <i>Fri Caprese starter — sliced thick</i>	4
■ Bell peppers (red/yellow) <i>Sat nacho toppings, Mon empanada filling</i>	3	■ Avocado <i>Sat nachos (×2 nights), Sun brunch</i>	3
■ Jalapeño <i>Sat nachos</i>	2	■ Onion (yellow) <i>Mon empanada filling, Thu tandoori, Sat nacho turkey</i>	3
■ Scallions / green onions <i>Sun Hainanese, Tue, Thu, Sat dim sum</i>	3 bunches	■ Ginger (fresh, large knobs) <i>Thu tandoori marinade, Sat dim sum congee, Sun Hainanese</i>	2 knobs

■ Garlic (fresh) <i>Used all week</i>	3 heads	■ Fresh dill <i>Wed eggs benedict, Tue salmon crust, Sun brunch</i>	1 bunch
■ Fresh parsley (flat-leaf) <i>Tue salmon crust, Wed scampi, Fri orzo garnish</i>	1 bunch	■ Fresh basil <i>Fri Caprese starter</i>	1 bunch
■ Fresh cilantro <i>Thu tandoori, Sat & Sun nacho bowls</i>	1 bunch	■ Fresh mint <i>Thu cucumber raita</i>	1 small bunch
■ Lemon <i>Tue salmon, Wed benedict, Fri orzo & caprese, Sat squeeze</i>	6	■ Lime <i>Sat nachos, Sun burrito bowl</i>	3
■ Blueberries (fresh) <i>Mon blueberry pancakes</i>	1 pint	■ Mixed berries (fresh/frozen) <i>Fri yogurt snack</i>	1 × 12oz bag
■ Banana <i>Mon rice cake afternoon snack</i>	2	■ Apple (medium + large) <i>Wed apple cheddar afternoon snack</i>	3+2
■ Mango (fresh, ripe) <i>Sat fruit platter + Thu mango sticky rice snack</i>	2	■ Mandarin oranges <i>Tue snack, Sat fruit platter</i>	7 small
■ Lychee (canned in juice or fresh) <i>Sat fruit platter</i>	1 small can/bag	■ Grapes (red) <i>Sun afternoon snack</i>	1 small bunch
■ Peach (fresh or canned in juice) <i>Wed cottage cheese snack</i>	3	■ Carrots (bag) <i>Mon hummus platter, Fri celery snack</i>	1 × 1 lb bag
■ Celery <i>Mon hummus platter, Fri afternoon snack</i>	1 bunch		

■ Dairy & Refrigerated

■ Non-fat plain Greek yogurt <i>Thu tandoori marinade (generous amount), Wed hollandaise, Sat & Sun nacho/burrito crema, Fri snack</i>	2 × 32oz tubs	■ Low-fat cottage cheese <i>Wed snack</i>	2 × 16oz containers
■ Reduced-fat sharp cheddar <i>Wed apple snack, Sun cheese plate</i>	1 × 8oz block	■ Light shredded Mexican cheese blend ■ Sat nachos — use sparingly	1 × 8oz bag
■ Fresh mozzarella ball (for caprese) <i>Fri Caprese starter — sliced thick</i>	8oz	■ Parmesan (grated, large wedge) <i>Wed scampi + Thu leftover, Tue salmon pilaf</i>	1 large wedge
■ Whole wheat English muffins <i>Wed eggs benedict</i>	1 pack (6)	■ Unsweetened almond milk <i>Mon pancakes, Sun shake, Sat matcha, general</i>	2 × half-gallon cartons
■ Unsweetened soy milk <i>Thu char siu bao breakfast, Tue soy milk snack</i>	1 × half-gallon	■ Unsalted butter <i>Wed scampi — maintenance week gets real butter</i>	1 stick
■ White wine (dry, small bottle) <i>Wed scampi (splash also goes into Fri orzo)</i>	1 bottle	■ Light coconut milk (canned) <i>Thu mango sticky rice snack</i>	1 × 14oz can
■ Low-sodium chicken broth <i>Sun Hainanese rice (needs full broth), general</i>	2 × 32oz cartons	■ Tzatziki or make raita from scratch <i>Mon Hainanese leftover, Thu tandoori raita</i>	1 × 8oz tub
■ Whole wheat crackers <i>Sun afternoon snack</i>	1 box	■ Mixed nuts (almonds, cashews, walnuts) <i>Sun shake snack, Sat matcha latte</i>	1 large bag

■ Capers (small jar)**1 × 3oz jar***Wed eggs benedict, Sun brunch***■ Grains, Pasta & Dry Goods****■ Whole wheat flour****1 × 5 lb bag***Mon empanada dough — modified recipe***■ Whole wheat orzo****1 × 12oz box***Fri one-pan lemon chicken orzo + Sat leftover —
DOUBLE***■ Jasmine rice****2 × 2 lb bags***Sun Hainanese (BIG BATCH + Mon leftover); Sat dim
sum congee***■ Brown rice****1 × 2 lb bag***Sat & Sun burrito bowl leftover***■ Thick wheat noodles (for zha jiang)****1 × 12oz pack***Tue breakfast***■ Baked whole grain tortilla chips****2 × 9oz bags****■ Sat nachos — baked not fried****■ Black beans (canned)****2 × 15oz cans****■ Sat nachos + Sun burrito bowl — DOUBLE****■ Frozen peas****1 × 12oz bag***Mon empanada filling***■ Almond butter****1 jar***Mon rice cake snack***■ Peanuts (raw)****1 small bag***Sat five-spice steamed peanut snack***■ Sliced almonds****1 small bag***Tue wild rice pilaf — toasted***■ Dark chocolate (70%+)****1 bar***Sat matcha latte snack***■ Chia seeds****1 bag***Mon pancakes, Mon rice cake snack***■ Whole wheat sourdough (sliced)****1 small loaf***Sun avocado eggs royale brunch***■ Whole wheat linguine****1 × 12oz box***Wed scampi + Thu leftover — DOUBLE***■ Wild rice (or wild rice blend)****1 × 16oz bag***Tue herb salmon pilaf + Wed leftover — DOUBLE***■ Basmati rice****1 × 2 lb bag***Thu tandoori + Fri leftover — DOUBLE***■ Glutinous / sticky rice****1 small bag***Thu mango sticky rice afternoon snack***■ Whole wheat panko breadcrumbs****1 small bag***Tue salmon herb crust***■ Goya discos or whole wheat pita rounds****1 pack (optional)***Mon empanadas alternative to homemade dough***■ Frozen corn****1 × 12oz bag***Mon empanada filling, Sat nachos***■ Rice cakes (lightly salted)****1 pack***Mon afternoon snack***■ Peanut butter (natural)****1 jar***Fri celery snack, Tue zha jiang***■ Walnuts****1 bag***Fri yogurt snack, Tue soy milk snack***■ Dried cranberries (no sugar added)****1 small bag***Tue wild rice pilaf***■ Matcha powder (culinary)****1 small tin***Sat afternoon snack***■ Granola (low-sugar)****1 small bag***Wed cottage cheese snack***■ Sauces, Condiments & Pantry****■ Low-sodium soy sauce****1 large bottle***Sun Hainanese, Tue zha jiang, Sat dim sum, general***■ Sesame oil (toasted)****1 bottle***Sun Hainanese ginger-scallion oil, Tue, Thu snack***■ Oyster sauce****1 bottle***Sat dim sum congee garnish***■ Hoisin sauce****1 small bottle***Sat dim sum dipping*

■ Rice vinegar <i>Thu smashed cucumber snack</i>	1 bottle	■ Tianmian jiang (sweet bean paste) <i>Tue zha jiang mian</i>	1 small jar
■ Doubanjiang (spicy bean paste) <i>Tue zha jiang mian</i>	1 small jar	■ Dijon mustard <i>Tue salmon herb crust, Wed hollandaise</i>	1 jar
■ Extra virgin olive oil (good quality) <i>Fri Caprese, Wed scampi, Fri orzo, general</i>	1 bottle	■ Aged balsamic glaze <i>Fri Caprese — the good stuff for maintenance week</i>	1 small bottle
■ White wine (dry) <i>Wed scampi (also use splash in Fri orzo)</i>	1 bottle	■ Pure maple syrup <i>Mon blueberry pancakes</i>	1 small bottle
■ Honey (raw) <i>Mon snacks, Fri yogurt snack, Sat matcha</i>	1 jar	■ Coconut milk (light) <i>Thu mango sticky rice snack</i>	1 × 14oz can
■ Cajun or taco seasoning ■ Sat nacho turkey seasoning	1 bottle	■ Cumin (ground) ■ Sat nachos, Thu tandoori marinade, Mon empanadas	1 jar
■ Coriander (ground) <i>Thu chicken tandoori marinade</i>	1 jar	■ Turmeric (ground) <i>Thu tandoori marinade</i>	1 jar
■ Garam masala <i>Thu tandoori marinade — key spice</i>	1 jar	■ Smoked paprika <i>Mon empanadas, Thu tandoori, Sat nachos</i>	1 jar
■ Chili powder <i>Mon empanadas filling, Sat nachos</i>	1 jar	■ Chinese five spice powder <i>Sat five-spice steamed peanut snack</i>	1 small jar
■ Capers (jar) <i>Wed eggs benedict, Sun brunch</i>	stocked above	■ Sea salt & black pepper (coarse) <i>Fri steak breakfast, Fri Caprese</i>	stocked

■ Empanada Dough Ingredients (Monday — Modified Recipe)

■ Whole wheat flour <i>Modified from original: swaps all-purpose for whole wheat</i>	2¾ cups	■ Olive oil (for dough) <i>Modified: replaces most of the ¾ cup butter</i>	2 tbsp
■ Cold unsalted butter (for dough) <i>Modified: tiny amount keeps flakiness without excess fat</i>	2 tbsp	■ Cold water <i>As per original recipe</i>	½ cup
■ Salt & pinch of sugar <i>As per original recipe</i>	as recipe	■ Egg (for egg wash) <i>Brush tops before baking for golden finish</i>	1 large
■ Reduced-fat Monterey Jack (shredded) <i>Modified: less than original, reduced-fat variety</i>	¾ cup	■ Canned green chilies (4oz) <i>As per original recipe</i>	2 cans
■ Vegetable oil or olive oil (for filling) <i>Modified: 1 tbsp instead of 2</i>	1 tbsp		

■ Supplements & Household

■ Whey protein powder (shared) <i>Mon pancakes + 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>Keep hydration high during maintenance week</i>	24-pack

■ Green tea bags (shared) <i>Metabolism support — continue even on maintenance</i>	1 box	■ Glass meal prep containers <i>Label HER / HIM + day — same system as always</i>	Set of 14
■ Parchment paper (roll) <i>Mon empanada baking sheets, Tue salmon</i>	1 roll		

Week 8 Tips	Empanadas: marinate dough 1hr in fridge · Tandoori: marinate morning for evening cook · Nachos: save ALL toppings before serving — the chips are the only thing that goes soggy · Orzo: use plenty of broth so it stays saucy · Hainanese: cook rice in poaching broth for flavour · Week 9 returns to the deficit — enjoy this week fully!
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