

Back to the Deficit. Solo Week.

■ BBQ Monday · ■ Chicken Quesadilla · ■ Miso Salmon · Cook Once Eat Twice

■ HIM — SOLO WEEK

Goal: Lose 50 lbs · Age 52

Target: ~1,750–1,900 kcal/day · ~150g protein/day

Back to deficit after maintenance week · Cook once eat twice

This week: Solo plan — his portions only. Same cook-once-eat-twice system. Every dinner makes enough for tomorrow's lunch — pack the container before sitting down to eat. Monday is BBQ night: lean beef cheeseburger with pepper jack, turkey hot dogs, whole wheat buns. Wednesday: chicken quesadilla with guacamole fits the calorie budget comfortably. **Consult your doctor before starting any new diet plan.**

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

Sun	■ Miso Glazed Salmon (big batch)	→	Mon	Miso salmon rice bowl
Mon	■ BBQ Cheeseburger & Turkey Dog	→	Tue	Burger crumble bowl over rice
Tue	Mapo Tofu with Lean Pork	→	Wed	Mapo tofu over noodles or rice
Wed	■ Grilled Chicken Quesadilla	→	Thu	Quesadilla filling in fresh tortilla
Thu	Kung Pao Chicken	→	Fri	Kung pao chicken bowl
Fri	■ Beef & Broccoli Stir-Fry	→	Sat	Beef & broccoli rice bowl
Sat	Lemon Herb Chicken Thighs	→	Sun	Lemon herb chicken quinoa bowl

Weekly Overview — His Calories

Day	Theme	Dinner (cook double)	■■ Next day lunch	■ Kcal
Mon	American BBQ Night	BBQ Night — Cheeseburger & Turkey Dog	→ <i>BBQ Burger Crumble Bowl</i>	1,980
Tue	Chinese Sichuan	Sichuan Mapo Tofu with Lean Pork & Brown Rice	→ <i>Mapo Tofu over Noodles or Fresh Rice</i>	1,720
Wed	American Tex-Mex	Grilled Chicken Quesadilla with Salsa & Guacamole	→ <i>Chicken Quesadilla</i>	1,880
Thu	Chinese Cantonese	Kung Pao Chicken with Peanuts, Bell Pepper & Brown Rice	→ <i>Kung Pao Chicken Bowl</i>	1,820

Fri	American Bold	Beef & Broccoli Stir-Fry with Brown Rice	→ <i>Beef & Broccoli Rice Bowl</i>	1,930
Sat	Chinese Cantonese Comfort	Lemon Herb Baked Chicken Thighs with Quinoa & Roasted Asparagus	→ <i>Lemon Herb Chicken Quinoa Bowl</i>	1,760
Sun	East Meets West	Miso Glazed Salmon with Jasmine Rice & Broccolini	→ <i>Miso Glazed Salmon Rice Bowl</i>	1,900

MONDAY · American BBQ Night

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

■ Breakfast

Spinach & Feta Egg White Omelette with Toast

Egg whites + 1 whole egg, baby spinach, cherry tomatoes, crumbled feta, sautéed onion — cooked in a nonstick pan. Served with 2 slices whole wheat toast.

■ HIS PORTION

5 egg whites
+ 1 whole
egg, 2 slices
toast, feta

**430
kcal**

■■ Lunch

■■ Leftover: Miso Glazed Salmon Rice Bowl (from Sunday)

Sunday's miso salmon flaked over leftover jasmine rice with steamed broccolini. Add fresh scallion and a drizzle of sesame oil to refresh. Eat cold or gently warmed.

■ HIS PORTION

Sun miso
salmon flaked
over rice,
broccolini,
sesame oil

**520
kcal**

■ Snack

Apple + Almond Butter

1 large crisp Fuji apple, natural almond butter

■ HIS PORTION

1 large apple,
1.5 tbsp
almond butter

**230
kcal**

■ Dinner

■ BBQ Night — Cheeseburger & Turkey Dog

BURGER: 6oz 90% lean ground beef patty, grilled, topped with 1 slice reduced-fat pepper jack cheese, mustard, lettuce, tomato, red onion on a whole wheat bun. TURKEY DOG: 1 turkey hot dog in whole wheat bun, mustard & relish. SIDES: Roasted corn on the cob, big side salad with lemon-olive oil dressing. No mayo — use mustard and a touch of hot sauce instead. Cook EXTRA burger patties — saves for Tuesday lunch crumbled bowl.

■ HIS PORTION

6oz lean
burger +
pepper jack +
whole wheat
bun, 1 turkey
dog, corn,
salad

**800
kcal**

■ BBQ tonight — grill EXTRA burger patties for Tuesday lunch. Store in fridge whole, crumble over rice tomorrow.

■ Daily Total

1,980 kcal

Target: 1,750–1,900 kcal

TUESDAY · Chinese Sichuan

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

■ Breakfast

Savory Congee with Pork & Pickled Greens

Smooth jasmine rice porridge with lean ground pork, zha cai (pickled mustard greens), fresh ginger, scallion, white pepper and a drizzle of sesame oil — warming and deeply satisfying.

■ HIS PORTION

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

**390
kcal**

■■ Lunch

■■ Leftover: BBQ Burger Crumble Bowl (from Monday)

Monday's extra burger patty crumbled over steamed brown rice with shredded lettuce, diced tomato, red onion, mustard drizzle and a splash of hot sauce. Tastes like a deconstructed cheeseburger bowl — surprisingly good.

■ HIS PORTION

Mon burger
crumbled
over ½ cup
brown rice,
lettuce,
tomato,
mustard

**550
kcal**

■ Snack

Edamame + Hard-Boiled Egg

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

■ HIS PORTION

1 cup shelled
edamame, 1
hard-boiled
egg, sea salt

**220
kcal**

■ Dinner

Sichuan Mapo Tofu with Lean Pork & Brown Rice

Silken tofu and lean ground pork in a rich doubanjiang sauce with garlic, ginger, Sichuan peppercorn, low-sodium soy sauce, chicken broth — the numbing heat of Sichuan pepper is the signature. Brown rice. Cook DOUBLE tofu mixture — saves for Wednesday lunch.

■ HIS PORTION

8oz silken
tofu, 3oz lean
ground pork,
doubanjiang,
¾ cup brown
rice

**560
kcal**

■ Cook tonight: Mapo Tofu — make DOUBLE tofu mixture. Pack Wednesday lunch container before eating.

■ Daily Total

1,720 kcal

Target: 1,750–1,900 kcal

WEDNESDAY · American Tex-Mex

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

■ Breakfast

■ Overnight Oats with Mango & Chia Seeds

Rolled oats soaked overnight in almond milk with vanilla protein powder, diced fresh mango, chia seeds and a drizzle of honey. Prep Tuesday night — zero morning cooking, grab and go.

■ HIS PORTION

¾ cup oats,
1.5 scoops
protein, ½
cup mango,
chia, honey

**510
kcal**

■■ Lunch

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

Tuesday's mapo tofu reheated — serve over freshly cooked rice noodles for a new texture, or over steamed rice. Add extra scallion and a drizzle of chili oil. 3-minute microwave.

■ HIS PORTION

Tue mapo
tofu mixture,
¾ cup fresh
rice or
noodles,
scallion

**530
kcal**

■ Snack

Cottage Cheese with Sliced Peach

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

■ HIS PORTION

¾ cup
cottage
cheese, 1
fresh peach
sliced

**200
kcal**

		■ HIS PORTION
■ Dinner		2 large whole wheat tortillas, 6oz grilled chicken, light cheese, peppers, salsa, guacamole
■ Grilled Chicken Quesadilla with Salsa & Guacamole		
2 large whole wheat tortillas filled with 6oz grilled chicken breast (seasoned with cumin, smoked paprika, garlic powder), light shredded Mexican cheese blend, sautéed bell pepper and onion — griddled until golden and crispy. Served with chunky tomato salsa (zero calories) and fresh guacamole (¼ avocado mashed with lime, cilantro, garlic, salt). Cook DOUBLE filling — saves for Thursday lunch. Store tortilla separately to keep crisp.		640 kcal
■ Cook tonight: Quesadilla — make DOUBLE chicken filling. Store filling separately from tortillas. Thursday: reheat filling, griddle fresh tortilla.		
■ Daily Total	1,880 kcal	Target: 1,750–1,900 kcal

THURSDAY · Chinese Cantonese

Cook dinner double · pack lunch container 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 2 slices of whole wheat toast. Simple, high protein, very easy to make.

■ HIS PORTION

3 eggs
steamed with
2oz lean
pork, soy,
sesame oil, 2
slices toast

**460
kcal**

■■ Lunch

■■ Leftover: Chicken Quesadilla (from Wednesday)

Wednesday's chicken filling reheated and wrapped in a fresh griddled whole wheat tortilla — keeping the tortilla separate means it crisps up perfectly the next day. Add fresh salsa and a squeeze of lime.

■ HIS PORTION

Wed chicken
quesadilla
filling in fresh
griddled
tortilla, salsa,
lime

**590
kcal**

■ Snack

Mandarin Oranges + Roasted Pumpkin Seeds

Fresh mandarin oranges, roasted pepitas with sea salt

■ HIS PORTION

3 mandarin
oranges, 2
tbsp roasted
pepitas

**180
kcal**

■ Dinner

Kung Pao Chicken with Peanuts, Bell Pepper & Brown Rice

Chicken breast stir-fried with peanuts, dried chili, zucchini and bell pepper in a low-sodium kung pao sauce — the classic balance of heat, sweet and savoury. Served over brown rice with sesame seeds and scallion. Cook DOUBLE — saves for Friday lunch.

■ HIS PORTION

7oz chicken
breast, 1.5
tbsp peanuts,
bell pepper,
zucchini, $\frac{3}{4}$
cup brown
rice

**590
kcal**

■ Cook tonight: Kung Pao Chicken — make DOUBLE. Pack Friday lunch container before eating.

■ Daily Total

1,820 kcal

Target: 1,750–1,900 kcal

FRIDAY · American Bold

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

■ Breakfast

Banana Peanut Butter Protein Smoothie

Frozen banana, natural peanut butter, vanilla whey protein, unsweetened almond milk, a few ice cubes — blended thick and smooth. Ready in 2 minutes.

■ HIS PORTION

1 large
banana, 1.5
tbsp PB, 1.5
scoops
protein, 1 cup
almond milk

**480
kcal**

■■ Lunch

■■ Leftover: Kung Pao Chicken Bowl (from Thursday)

Thursday's kung pao chicken reheated over fresh rice — the sauce intensifies overnight. Add a splash of soy sauce and a squeeze of lime to refresh. Top with extra scallion.

■ HIS PORTION

Thu kung pao
chicken + $\frac{3}{4}$
cup fresh
rice, extra
scallion, lime

**560
kcal**

■ Snack

Greek Yogurt with Mixed Berries, Walnuts & Honey

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

■ HIS PORTION

$\frac{3}{4}$ cup yogurt,
 $\frac{1}{2}$ cup mixed
berries, 10
walnuts, 1 tsp
honey

**280
kcal**

■ Dinner

■ Beef & Broccoli Stir-Fry with Brown Rice

Lean flank steak sliced thin against the grain, stir-fried with broccoli florets in a garlic-ginger-oyster sauce glaze, low-sodium soy sauce, touch of sesame oil. Served over brown rice. Cook DOUBLE — saves for Saturday lunch.

■ HIS PORTION

6oz lean flank
steak, 2.5
cups broccoli,
garlic, oyster
sauce, $\frac{3}{4}$ cup
brown rice

**610
kcal**

■ Cook tonight: Beef & Broccoli — make DOUBLE. Pack Saturday lunch container before eating.

■ Daily Total

1,930 kcal

Target: 1,750–1,900 kcal

SATURDAY · Chinese Cantonese Comfort

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

■ Breakfast

Jianbing Egg Crepe with Turkey & Hoisin

Thin egg crepe cooked in a nonstick pan, spread with hoisin and chili sauce, filled with sliced turkey breast, shredded cucumber and scallion — rolled and served immediately.

■ HIS PORTION

2 egg crepes,
3oz sliced
turkey, hoisin,
chili sauce,
cucumber,
scallion

**490
kcal**

■■ Lunch

■■ Leftover: Beef & Broccoli Rice Bowl (from Friday)

Friday's beef & broccoli reheated over fresh rice — one of the best leftover dishes of the whole plan. The sauce clings even better the next day. Add a drizzle of chili oil and fresh scallion.

■ HIS PORTION

Fri beef &
broccoli, $\frac{3}{4}$
cup fresh
rice, chili oil,
scallion

**580
kcal**

■ Snack

Chilled Silken Tofu with Soy, Sesame & Scallion

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

■ HIS PORTION

$\frac{3}{4}$ block
silken tofu,
soy sauce,
sesame oil,
scallion,
sesame
seeds

**120
kcal**

■ Dinner

Lemon Herb Baked Chicken Thighs with Quinoa & Roasted Asparagus

Chicken thighs marinated in lemon juice, garlic, rosemary, thyme and olive oil — roasted until golden and juicy. Fluffy quinoa with fresh herbs. Roasted asparagus with olive oil and garlic. Cook DOUBLE — saves for Sunday lunch.

■ HIS
PORTION

7oz chicken thighs (skinless), ¾ cup quinoa, asparagus, lemon-herb marinade

570
kcal

■ Cook tonight: Lemon Herb Chicken Thighs — make DOUBLE. Pack Sunday lunch container before eating.

■ Daily Total

1,760 kcal

Target: 1,750–1,900 kcal

SUNDAY · East Meets West

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

■ Breakfast

Avocado Toast with Poached Eggs

Whole wheat toast, smashed avocado with lemon juice and chili flakes, 2 poached eggs, cherry tomatoes, cracked black pepper and a pinch of sea salt

■ HIS PORTION

2 slices whole wheat toast, ½ avocado, 2 poached eggs, cherry tomatoes

**460
kcal**

■■ Lunch

■■ Leftover: Lemon Herb Chicken Quinoa Bowl (from Saturday)

Saturday's lemon herb chicken sliced over leftover quinoa with a squeeze of fresh lemon, fresh herbs and a light drizzle of olive oil. Eat warm or cold — both are excellent.

■ HIS PORTION

Sat lemon herb chicken, quinoa, fresh lemon, olive oil, herbs

**540
kcal**

■ Snack

Protein Shake + Mixed Nuts

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

■ HIS PORTION

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

**320
kcal**

■ Dinner

■ Miso Glazed Salmon with Jasmine Rice & Broccoli

Salmon fillet glazed with white miso, mirin, low-sodium soy sauce and a touch of honey — baked at 400F for 12–14 minutes until caramelised. Jasmine rice, steamed broccoli with garlic. Make a BIG BATCH — closes the loop for next Monday's lunch.

■ HIS PORTION

7oz salmon fillet, miso-mirin glaze, ¾ cup jasmine rice, broccoli

**580
kcal**

■ Cook tonight: Miso Glazed Salmon — make a BIG BATCH. Closes the loop → next Monday's lunch. Week 10 continues the deficit — you are making real progress!

■ Daily Total

1,900 kcal

Target: 1,750–1,900 kcal

Smaller list — cooking for one this week.

All dinner quantities doubled for cook-once-eat-twice · Back to deficit portions

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

■ Proteins & Seafood · dinner quantities doubled for leftovers

■ 90% lean ground beef <i>■ Mon BBQ — patties + extra for Tue leftover bowl</i>	~2 lbs	■ Turkey hot dogs <i>■ Mon BBQ — turkey dogs, much leaner than beef</i>	1 pack (6)
■ Atlantic salmon fillet <i>■ Sun miso glaze — big batch for next Mon lunch</i>	2 × 7oz pieces	■ Chicken breast (boneless, skinless) <i>Wed quesadilla + Thu leftover; Thu kung pao + Fri leftover</i>	~3 lbs
■ Lean flank steak <i>Fri beef & broccoli + Sat leftover — DOUBLE</i>	~1.5 lbs	■ Lean ground pork <i>Mon egg white omelette, Tue congee, Thu steamed egg</i>	~1 lb
■ Chicken thighs (bone-in, skinless) <i>Sat lemon herb + Sun leftover — DOUBLE</i>	~2 lbs (5 pieces)	■ Sliced turkey breast (deli) <i>Sat jianbing crepe breakfast</i>	½ lb
■ Silken tofu <i>Tue mapo tofu DOUBLE + Sat tofu snack</i>	3 × 14oz blocks	■ Eggs (large) <i>Used all week — just him now</i>	2 dozen
■ Whey/vanilla protein powder <i>Wed overnight oats, Fri smoothie, Sun shake</i>	1 container		

■ Produce & Vegetables

■ Baby spinach <i>Mon omelette breakfast</i>	1 × 5oz bag	■ Broccolini <i>Sun miso salmon + Mon leftover — DOUBLE</i>	2 bunches
■ Broccoli (large heads) <i>Fri beef & broccoli + Sat leftover — DOUBLE</i>	3 heads	■ Asparagus <i>Sat lemon herb chicken + Sun leftover</i>	2 bunches
■ Zucchini (medium) <i>Thu kung pao chicken</i>	3	■ Bell peppers (red/yellow/green) <i>Wed quesadilla filling + Thu leftover; Thu kung pao</i>	5
■ Cherry tomatoes <i>Mon omelette, Sun avocado toast</i>	1 pint	■ Tomatoes (medium, fresh) <i>Mon BBQ burger toppings</i>	2
■ Avocado <i>■ Mon BBQ guac option + Sun avocado toast + Wed quesadilla guac</i>	2	■ Cucumber (large) <i>Sat jianbing crepe</i>	2
■ Onion (yellow) <i>Mon BBQ, Wed quesadilla filling, Thu steamed egg</i>	3	■ Red onion <i>■ Mon BBQ burger topping</i>	1
■ Corn on the cob <i>■ Mon BBQ side</i>	2 ears	■ Scallions / green onions <i>Tue, Thu, Sat, Sun — all Chinese dishes</i>	2 bunches
■ Ginger (fresh knob) <i>Tue congee, Tue mapo, Thu steamed egg</i>	2 large knobs	■ Garlic (fresh) <i>Used all week</i>	2 heads

■ Fresh rosemary <i>Sat lemon herb chicken</i>	1 bunch	■ Fresh thyme <i>Sat lemon herb chicken</i>	1 bunch
■ Fresh cilantro <i>Wed quesadilla guacamole, Thu leftover refresh</i>	1 bunch	■ Lemon <i>Mon omelette side, Sat chicken marinade, Sun avocado toast</i>	4
■ Lime <i>Wed quesadilla guac, Thu leftover refresh, Fri kung pao</i>	3	■ Banana (large) <i>Fri protein smoothie</i>	3
■ Apple (large Fuji) <i>Mon snack</i>	2	■ Mandarin oranges (small) <i>Thu snack</i>	5
■ Mixed berries (fresh or frozen) <i>Fri yogurt snack</i>	1 × 12oz bag	■ Mango (fresh or frozen) <i>Wed overnight oats</i>	1
■ Peach (fresh or canned in juice) <i>Wed cottage cheese snack</i>	2		

■ Dairy & Refrigerated

■ Reduced-fat pepper jack cheese (sliced) ■ <i>Mon BBQ cheeseburger — 1 slice per patty</i>	1 pack	■ Reduced-fat feta (crumbled) <i>Mon omelette breakfast</i>	1 small container
■ Light shredded Mexican cheese blend <i>Wed chicken quesadilla</i>	1 × 8oz bag	■ Low-fat cottage cheese <i>Wed snack</i>	1 × 16oz container
■ Non-fat plain Greek yogurt <i>Fri snack, general</i>	1 × 32oz tub	■ Unsweetened almond milk <i>Wed overnight oats, Fri smoothie, Sun shake</i>	2 × half-gallon cartons
■ Low-sodium chicken broth <i>Tue congee, Tue mapo tofu sauce</i>	1 × 32oz carton	■ Salsa (chunky, low-sodium jar) <i>Wed quesadilla + Thu leftover</i>	1 × 16oz jar
■ Hummus (optional side) <i>Optional snack backup</i>	1 × 10oz tub	■ Mixed nuts <i>Sun protein shake snack</i>	1 small bag
■ Walnuts <i>Fri yogurt snack</i>	1 small bag		

■ Grains, Pasta & Dry Goods

■ Whole wheat burger buns ■ <i>Mon BBQ — whole wheat keeps it cleaner</i>	1 pack (6)	■ Whole wheat hot dog buns ■ <i>Mon BBQ turkey dogs</i>	1 pack (6)
■ Whole wheat large tortillas (burrito size) <i>Wed quesadilla + Thu leftover</i>	1 pack (8)	■ Brown rice <i>Tue, Fri, Sat — multiple days</i>	1 × 5 lb bag
■ Jasmine rice <i>Tue congee, Sun miso salmon</i>	1 × 2 lb bag	■ Quinoa <i>Sat lemon herb chicken + Sun leftover</i>	1 × 2 lb bag
■ Rolled oats <i>Wed overnight oats</i>	1 × 42oz canister	■ Peanut butter (natural) <i>Fri smoothie, Mon snack (almond butter)</i>	1 jar

■ Almond butter <i>Mon apple snack</i>	1 jar	■ Peanuts (dry roasted) <i>Thu kung pao chicken</i>	1 small bag
■ Sesame seeds <i>Sat tofu snack, Thu kung pao</i>	1 small jar	■ Chia seeds <i>Wed overnight oats</i>	1 bag
■ Edamame (frozen, shelled) <i>Tue snack</i>	1 × 12oz bag	■ Pumpkin seeds / pepitas (roasted) <i>Thu snack</i>	1 small bag
■ Pickled mustard greens / zha cai <i>Tue congee breakfast</i>	1 small jar		

■ Sauces, Condiments & Pantry

■ Low-sodium soy sauce <i>Tue, Thu, Sat, Sun — all Chinese dishes</i>	1 large bottle	■ White miso paste <i>Sun miso glazed salmon — big batch</i>	1 small tub
■ Mirin <i>Sun miso salmon glaze</i>	1 bottle	■ Oyster sauce (low-sodium) <i>Fri beef & broccoli</i>	1 bottle
■ Hoisin sauce <i>Sat jianbing crepe breakfast</i>	1 bottle	■ Doubanjiang (spicy bean paste) <i>Tue mapo tofu — DOUBLE</i>	1 small jar
■ Kung pao sauce (low-sodium) <i>Thu kung pao chicken — DOUBLE</i>	1 bottle	■ Sesame oil (toasted) <i>Tue, Thu, Sat, Sun</i>	1 bottle
■ Chili oil <i>Sat tofu snack, Tue leftover refresh</i>	1 small jar	■ Sichuan peppercorns <i>Tue mapo tofu</i>	1 small bag
■ Cumin (ground) <i>Wed quesadilla chicken seasoning</i>	1 jar	■ Smoked paprika <i>Wed quesadilla chicken seasoning</i>	1 jar
■ Garlic powder <i>Wed quesadilla seasoning, general</i>	1 jar	■ Chili flakes <i>Sun avocado toast, general</i>	1 jar
■ White pepper (ground) <i>Tue congee, Thu steamed egg</i>	1 small jar	■ Yellow mustard (for BBQ) ■ Mon burger & hot dog condiment	1 bottle
■ Relish (for BBQ) ■ Mon turkey hot dog	1 small jar	■ Hot sauce <i>Mon burger, Tue leftover bowl</i>	1 bottle
■ Extra virgin olive oil <i>Sat lemon herb chicken, Sun toast, general</i>	1 bottle	■ Honey (raw) <i>Sun miso salmon glaze, Wed oats, Fri yogurt</i>	1 jar
■ Sea salt & black pepper <i>All week — especially Mon BBQ</i>	stocked		

■ Supplements & Household

■ Whey protein powder <i>Wed overnight oats, Fri smoothie, Sun shake</i>	1 container	■ Fish oil capsules <i>Heart health & inflammation — age 52</i>	1 bottle
■ Vitamin D3 <i>Testosterone & bone density support</i>	1 bottle	■ Magnesium glycinate <i>Sleep quality & muscle recovery</i>	1 bottle
■ Sparkling water <i>Zero-cal soda substitute</i>	24-pack	■ Green tea bags <i>Metabolism support</i>	1 box

■ Glass meal prep containers

Set of 7

Just him this week — 1 per day

**Week
9 Tips**

BBQ: 90% lean beef + turkey dogs + whole wheat buns = proper BBQ within budget · Quesadilla: store filling separately from tortilla — griddle fresh the next day · Miso salmon: make a big batch Sunday — best leftover of the week · Mapo tofu DOUBLE: make enough Tuesday for two full servings Wednesday