

Same Meals. One Kitchen. Two Goals.

■ BBQ Tri-Tip · ■ Bacon Cheeseburger · ■ Cajun Jambalaya · Wheat-Forward All Week

■ HER

Goal: Lose 40 lbs

~1,140–1,360 cal/day

Smaller portions · ~110g protein/day

■ HIM

Goal: Lose 50 lbs · Age 52

~1,740–2,020 cal/day

Larger portions · ~150g protein/day

■ **Week 11 Grain Rule:** Max 2 nights rice/quinoa. This week uses 1 — Wednesday's Jambalaya (natural exception). All other dinners use whole wheat bread, whole wheat pita, whole wheat couscous or whole wheat noodles. ■ **Tri-Tip tip:** Pull at 130–135F internal, rest 15 min before slicing against the grain. Big batch Sunday feeds dinner + Monday's sandwiches. ■ **Jambalaya:** Based on your uploaded recipe with turkey andouille, brown rice and low-sodium stock. **Consult your doctor before starting any new diet plan.**

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

Sun	■ BBQ Tri-Tip (big batch)	→	Mon	Tri-Tip sandwich on WW bread
Mon	■ Diet Bacon Cheeseburger	→	Tue	Burger crumble bowl over greens
Tue	Dan Dan Noodles (WW spaghetti)	→	Wed	Dan dan noodle bowl reheated
Wed	■ Chicken & Turkey Jambalaya	→	Thu	Jambalaya reheated with stock
Thu	Chicken Shawarma Wraps (WW pita)	→	Fri	Shawarma wrap — excellent cold
Fri	■ Shrimp & Bok Choy + Couscous	→	Sat	Shrimp couscous bowl reheated
Sat	Turkey Meatball Sub (WW roll)	→	Sun	Meatball sub — 5 min reheat

Weekly Overview

Day	Dinner (cook double)	■■ Next day lunch	■ Cal	■ Cal
Mon	Diet Bacon Cheeseburger on Whole Wheat Bun	→ <i>Burger Crumble Bowl</i>	1,360	1,990
Tue	Dan Dan Noodles with Lean Ground Pork	→ <i>Dan Dan Noodle Bowl</i>	1,200	1,810
Wed	Chicken & Turkey Andouille Jambalaya	→ <i>Chicken & Turkey Jambalaya</i>	1,140	1,740
Thu	Chicken Shawarma Wraps in Whole Wheat Pita	→ <i>Chicken Shawarma Wrap</i>	1,210	1,840

Fri	Shrimp & Bok Choy Stir-Fry with Whole Wheat Couscous	→ <i>Shrimp & Bok Choy Couscous Bowl</i>	1,220	1,830
Sat	Turkey Meatball Sub on Whole Wheat Hoagie Roll	→ <i>Turkey Meatball Sub</i>	1,240	1,900
Sun	BBQ Tri-Tip with Roasted Vegetables & Garlic Whole Wheat Bread	→ <i>BBQ Tri-Tip Sandwich</i>	1,360	2,020

MONDAY · American — BBQ Carry-Over

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

■ Breakfast

Spinach & Feta Egg Muffins with Whole Wheat Toast

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

■ HER

3 egg muffins, 1 slice WW toast

290 kcal

■ HIM

5 egg muffins, 2 slices WW toast

460 kcal

■ Lunch

■ Leftover: BBQ Tri-Tip Sandwich (from Sunday)

Sunday's tri-tip sliced thin on whole wheat bread with Dijon mustard, arugula, caramelised onion and a light horseradish sauce. Wrap tightly in foil — eat cold or room temp. Zero cooking

■ HER

3oz tri-tip sliced thin, WW bread, Dijon, arugula, onion

390 kcal

■ HIM

5oz tri-tip sliced thin, WW bread, Dijon, arugula, horseradish sauce

570 kcal

■ Snack

Apple + Natural Peanut Butter

Fresh Fuji apple, natural peanut butter — the real stuff that separates

■ HER

1 medium apple, 1 tbsp peanut butter

160 kcal

■ HIM

1 large apple, 1.5 tbsp peanut butter

230 kcal

■ Dinner

■ Diet Bacon Cheeseburger on Whole Wheat Bun

90% lean ground beef patty, 1–2 strips centre-cut bacon (60% less fat than regular), 1 slice reduced-fat cheddar, romaine, thick-sliced tomato, red onion, sliced avocado (instead of mayo), Dijon mustard on a whole wheat bun. Roasted sweet potato fries on the side. Cook DOUBLE patties — saves for Tuesday lunch

■ HER

4oz lean patty, 1 bacon strip, reduced-fat cheddar, WW bun, sweet potato fries

520 kcal

■ HIM

6oz lean patty, 2 bacon strips, reduced-fat cheddar, WW bun, avocado, sweet potato fries

730 kcal

■ Cook tonight: Bacon Cheeseburger — cook DOUBLE patties. Tuesday lunch = crumble bowl over greens.

Daily Totals

■ Her: 1,360 kcal

■ His: 1,990 kcal

TUESDAY · Chinese Northern

Cook dinner double · pack lunch containers 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 Monday night — zero morning cooking

■ HER

1/3 cup oats, 1 scoop protein, ½ cup mango, chia seeds

320 kcal

■ HIM

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

490 kcal

■ Lunch

■ Leftover: Burger Crumble Bowl (from Monday)

Monday's extra burger patty crumbled over baby arugula with diced tomato, red onion, sweet potato, and a Dijon mustard vinaigrette. Deconstructed cheeseburger salad — surprisingly good cold

■ HER

Mon burger crumbled over arugula, tomato, sweet potato, Dijon vinaigrette

380 kcal

■ HIM

Mon burger crumbled over arugula + extra sweet potato, avocado, vinaigrette

560 kcal

■ Snack

Mandarin Oranges + Roasted Pumpkin Seeds

Fresh mandarin oranges, roasted pepitas with sea salt

■ HER

2 mandarins, 1 tbsp pepitas

100 kcal

■ HIM

3 mandarins, 2 tbsp pepitas

170 kcal

■ Dinner

Dan Dan Noodles with Lean Ground Pork

Whole wheat spaghetti as the noodle base. Lean ground pork cooked with doubanjiang and lao gan ma chili sauce. Peanut sesame sauce: natural peanut butter, soy sauce, rice vinegar, sesame oil, garlic, ginger. Top with blanched bok choy, scallion, chili oil and sesame seeds

■ HER

2oz pork, ¾ cup WW spaghetti, peanut sesame sauce, bok choy

400 kcal

■ HIM

3oz pork, 1 cup WW spaghetti, peanut sesame sauce, bok choy, extra chili oil

590 kcal

■ Cook tonight: Dan Dan Noodles — make DOUBLE. Pack Wednesday lunch containers before eating.

Daily Totals

■ Her: 1,200 kcal

■ His: 1,810 kcal

WEDNESDAY · American Cajun

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

■ Breakfast

■ Avocado Toast with Poached Eggs & Everything Bagel Seasoning

Toasted whole wheat bread, smashed avocado with lemon and chili flakes, poached eggs, cherry tomatoes, cracked pepper and everything bagel seasoning

■ HER

1 slice WW toast, ¼ avocado, 1 poached egg

280 kcal

■ HIM

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

460 kcal

■■ Lunch

■■ Leftover: Dan Dan Noodle Bowl (from Tuesday)

Tuesday's dan dan noodles reheated in a pan with a small splash of soy sauce — noodles loosen right up. Add fresh scallion and a drizzle of chili oil. 3-minute reheat

■ HER

Tue dan dan noodles reheated, scallion, chili oil

370 kcal

■ HIM

Tue dan dan noodles reheated + extra peanut sesame sauce, scallion

550 kcal

■ Snack

Cottage Cheese with Fresh Peach

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

■ HER

½ cup cottage cheese, ½ peach

130 kcal

■ HIM

¾ cup cottage cheese, 1 peach

190 kcal

■ Dinner

■ Chicken & Turkey Andouille Jambalaya

DIET-MODIFIED from recipe: Turkey andouille sausage replaces pork andouille. Brown rice replaces white rice. Low-sodium chicken stock. 1.5 tbsp olive oil instead of 3. RECIPE: Sear chicken & turkey sausage 5-7 min, set aside. Saute celery, Anaheim pepper, onion, garlic 6 min. Add crushed tomatoes, low-sodium stock, brown rice, low-sodium Cajun seasoning, thyme, cayenne, bay leaf. Simmer covered 30-35 min. Add shrimp and okra, simmer until pink. Stir chicken & sausage back in

■ HER

1 cup jambalaya (chicken, turkey sausage, shrimp, brown rice, okra)

360 kcal

■ HIM

1.5 cups jambalaya (generous chicken, sausage, shrimp, brown rice)

540 kcal

■ Cook tonight: Jambalaya — make a BIG POT (rice exception ✓). Pack Thursday lunch containers before eating.

Daily Totals

■ Her: 1,140 kcal

■ His: 1,740 kcal

THURSDAY · Middle Eastern

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

■ Breakfast

Jianbing Egg Crepe with Turkey, Oil Stick & Hoisin

Thin egg crepe cooked in a nonstick pan, spread with hoisin and chili sauce, filled with sliced turkey breast, ½ youtiao oil stick for crunch, shredded cucumber and scallion. Roll and serve immediately

■ HER

1 crepe, 1oz turkey, ½ oil stick, hoisin, cucumber, scallion

290 kcal

■ HIM

2 crepes, 2oz turkey, 1 oil stick, hoisin, cucumber, scallion

490 kcal

■ Lunch

■ Leftover: Chicken & Turkey Jambalaya (from Wednesday)

Wednesday's jambalaya reheated — the Cajun spices deepen overnight and this is one of the best leftover dishes of the week. 3-minute microwave with a splash of chicken stock to loosen. Add hot sauce to taste

■ HER

Wed jambalaya reheated, splash of stock, hot sauce

330 kcal

■ HIM

Wed jambalaya reheated with extra stock + fresh scallion garnish

510 kcal

■ Snack

Edamame + Hard-Boiled Egg

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

■ HER

¾ cup shelled edamame, 1 hard-boiled egg

170 kcal

■ HIM

1 cup shelled edamame, 1 hard-boiled egg

220 kcal

■ Dinner

Chicken Shawarma Wraps in Whole Wheat Pita

Chicken breast marinated in cumin, turmeric, smoked paprika, garlic, lemon, olive oil — grilled on indoor grill or pan. Stuffed into whole wheat pita with crisp romaine, thick-sliced tomato, cucumber, red onion, tzatziki and a squeeze of lemon

■ HER

4oz shawarma chicken, 1 small WW pita, romaine, tomato, cucumber, tzatziki

420 kcal

■ HIM

6oz shawarma chicken, 1 large WW pita, romaine, tomato, cucumber, extra tzatziki

620 kcal

■ Cook tonight: Chicken Shawarma — marinate this morning for best flavour. Cook DOUBLE. Pack Friday lunch containers before eating.

Daily Totals

■ Her: 1,210 kcal

■ His: 1,840 kcal

FRIDAY · Chinese Cantonese

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

■ Breakfast

■ Mango Peanut Butter Protein Smoothie

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

■ HER

½ cup frozen mango, 1 tbsp PB, 1 scoop protein, 1 cup almond milk

310 kcal

■ HIM

¾ cup frozen mango, 1.5 tbsp PB, 1.5 scoops protein, 1 cup almond milk

470 kcal

■ Lunch

■ Leftover: Chicken Shawarma Wrap (from Thursday)

Thursday's shawarma chicken wrapped fresh in a new whole wheat pita — the marinated chicken is excellent cold. Add a squeeze of lemon and fresh tzatziki to refresh. 2 minutes assembly

■ HER

Thu shawarma chicken in fresh WW pita, tzatziki, lemon squeeze

390 kcal

■ HIM

Thu shawarma chicken in fresh WW pita, extra tzatziki + side tabbouleh

580 kcal

■ Snack

Greek Yogurt with Mixed Berries & Honey

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

■ HER

½ cup yogurt, ½ cup mixed berries, ½ tsp honey

160 kcal

■ HIM

¾ cup yogurt, ¾ cup mixed berries, 1 tsp honey

240 kcal

■ Dinner

■ Shrimp & Bok Choy Stir-Fry with Whole Wheat Couscous

Large shrimp stir-fried with baby bok choy, garlic, ginger, low-sodium oyster sauce, soy sauce and sesame oil. Served over whole wheat couscous (cooks in 5 minutes — just add boiling water). Top with scallion and sesame seeds

■ HER

5oz shrimp, 2 bok choy, oyster sauce, ½ cup WW couscous

360 kcal

■ HIM

8oz shrimp, 3 bok choy, oyster sauce, ¾ cup WW couscous, sesame

540 kcal

■ Cook tonight: Shrimp & Bok Choy — make DOUBLE. Pack Saturday lunch containers before eating.

Daily Totals

■ Her: 1,220 kcal

■ His: 1,830 kcal

SATURDAY · American Italian

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

■ Breakfast

■ Smoked Salmon Eggs Benedict on Whole Wheat English Muffin

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

■ HER

1 WW English muffin, 2oz smoked salmon, 1 poached egg, light hollandaise

360 kcal

■ HIM

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

540 kcal

■ Lunch

■ Leftover: Shrimp & Bok Choy Couscous Bowl (from Friday)

Friday's shrimp stir-fry reheated over leftover couscous — shrimp reheat in 90 seconds in a hot pan. Add a drizzle of sesame oil, fresh scallion and squeeze of lemon to refresh

■ HER

Fri shrimp & bok choy over WW couscous, sesame oil, scallion

330 kcal

■ HIM

Fri shrimp & bok choy over WW couscous, extra sesame + lemon

510 kcal

■ Snack

Cucumber Rounds + Roasted Garlic Hummus

Fresh cucumber sliced into rounds, roasted garlic hummus for dipping

■ HER

1 large cucumber, 3 tbsp hummus

110 kcal

■ HIM

1 large cucumber, 5 tbsp hummus + a few whole wheat crackers

200 kcal

■ Dinner

Turkey Meatball Sub on Whole Wheat Hoagie Roll

Lean ground turkey meatballs (turkey, breadcrumbs, egg, garlic, Italian seasoning, parsley) baked at 400F for 18-20 min. Low-sodium marinara sauce. Reduced-fat mozzarella melted on top. Served on a whole wheat hoagie roll, toasted. Side arugula salad with lemon vinaigrette

■ HER

3 turkey meatballs, WW hoagie roll, marinara, reduced-fat mozzarella, side salad

440 kcal

■ HIM

5 turkey meatballs, WW hoagie roll, marinara, mozzarella, extra sauce, side salad

650 kcal

■ Cook tonight: Turkey Meatball Sub — bake DOUBLE meatballs. Pack Sunday lunch containers (meatballs + marinara) before eating.

Daily Totals

■ Her: 1,240 kcal

■ His: 1,900 kcal

SUNDAY · American BBQ — Special

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

■ Breakfast

French Toast with Greek Yogurt & Strawberries

Whole wheat bread soaked in egg and almond milk, pan-cooked golden with light cooking spray. Topped with non-fat Greek yogurt, fresh strawberries and a drizzle of honey

■ HER

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

320 kcal

■ HIM

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

490 kcal

■ Lunch

■ Leftover: Turkey Meatball Sub (from Saturday)

Saturday's meatballs reheated in marinara sauce, stuffed into the remaining toasted whole wheat hoagie roll with fresh mozzarella. 5 minutes — warm the meatballs in a pan, toast the roll, assemble

■ HER

Sat meatballs in WW hoagie roll, marinara, mozzarella

410 kcal

■ HIM

Sat meatballs in WW hoagie roll, extra marinara + side arugula salad

620 kcal

■ Snack

Mixed Nuts + Sparkling Water

Small handful of mixed nuts — almonds, cashews, walnuts — with sparkling water while the tri-tip rests

■ HER

Small handful (~12 nuts) mixed almonds, cashews, walnuts

170 kcal

■ HIM

Generous handful (~18 nuts) mixed almonds, cashews, walnuts

250 kcal

■ Dinner

■ BBQ Tri-Tip with Roasted Vegetables & Garlic Whole Wheat Bread

DRY RUB: Garlic powder, smoked paprika, cumin, black pepper, kosher salt. BBQ or cast iron at high heat — sear 4-5 min per side, then indirect heat or oven at 400F to 130-135F internal. REST 15 MIN before slicing against the grain. Roasted asparagus, bell pepper and red onion. Grilled garlic whole wheat bread on the side. MAKE BIG BATCH — feeds Sunday dinner AND Monday tri-tip sandwiches. Closes the loop

■ HER

4oz tri-tip sliced, roasted veg, 1 slice garlic WW bread

460 kcal

■ HIM

7oz tri-tip sliced, roasted veg, 2 slices garlic WW bread

660 kcal

■ Cook tonight: BBQ Tri-Tip — BIG BATCH. Slice extra portions and refrigerate for Monday sandwiches. Closes the loop! Sunday is slightly over budget — BBQ night is worth it.

Daily Totals

■ Her: 1,360 kcal

■ His: 2,020 kcal

Wheat-Forward. BBQ Sunday. Cajun Wednesday.

All dinner quantities doubled · 1 rice night (Jambalaya) · Everything else whole wheat

■ Orange border = leftover meal · ■ Rust border = Sunday BBQ · ■ Wed Jambalaya is the rice exception

■ Proteins & Seafood · dinner quantities doubled for leftovers

■ Tri-tip roast (2.5–3 lbs) ■ Sun BBQ — big batch feeds Sun dinner + Mon sandwiches	1 roast	■ 90% lean ground beef ■ Mon bacon cheeseburger + Tue crumble bowl — DOUBLE	~2 lbs
■ Chicken breast (boneless, skinless) Tue dan dan, Thu shawarma DOUBLE + Fri leftover, Wed jambalaya	~3 lbs	■ Turkey andouille sausage ■ Wed jambalaya — replaces pork andouille	1 lb
■ Large shrimp (peeled, deveined) ■ Fri stir-fry + Sat leftover — DOUBLE; Wed jambalaya	~2.5 lbs	■ Lean ground turkey Sat turkey meatball sub + Sun leftover — DOUBLE	~2 lbs
■ Lean ground pork Tue dan dan noodles — DOUBLE	~1 lb	■ Lean centre-cut bacon ■ Mon bacon cheeseburger — 1-2 strips per person	1 pack
■ Smoked salmon (sliced) Sat eggs benedict breakfast	~¼ lb	■ Sliced turkey breast (deli) Thu jianbing crepe breakfast	¼ lb
■ Eggs (large) Used all week — both people	2 dozen	■ Whey/vanilla protein powder Tue overnight oats, Fri smoothie	1 container

■ Produce & Vegetables

■ Baby spinach Mon egg muffins breakfast	1 × 5oz bag	■ Arugula / baby greens Mon tri-tip sandwich, Tue burger bowl, Sat sub side salad	1 × 5oz bag
■ Baby bok choy ■ Fri shrimp stir-fry + Sat leftover — DOUBLE; Tue dan dan	2 bags (~10 heads)	■ Asparagus Sun BBQ tri-tip roasted side	2 bunches
■ Cremini mushrooms Mon egg muffins	1 × 8oz pack	■ Bell peppers (red/yellow/green) Mon egg muffins, Sun BBQ roasted veg, Wed jambalaya	6
■ Cherry tomatoes Wed avocado toast, Sat eggs benedict side	1 pint	■ Tomatoes (medium) Mon burger, Thu shawarma wrap	3
■ Sweet potato (medium) Mon bacon cheeseburger fries — DOUBLE	3	■ Avocado Mon burger, Wed avocado toast, Thu shawarma optional	3
■ Cucumber (large) Thu shawarma wrap, Thu jianbing, Sat hummus snack	3	■ Onion (yellow) Mon burger caramelised, Wed jambalaya, Thu shawarma	3
■ Red onion Mon burger, Sun BBQ roasted, Thu shawarma	2	■ Celery (bunch) Wed jambalaya	1

■ Anaheim pepper or mild green chili <i>Wed jambalaya</i>	2	■ Scallions / green onions <i>Tue dan dan, Fri shrimp, Thu jianbing</i>	2 bunches
■ Ginger (fresh knob) <i>Tue dan dan, Fri shrimp stir-fry</i>	1 large knob	■ Garlic (fresh) <i>All week</i>	2 heads
■ Fresh dill <i>Sat smoked salmon eggs benedict</i>	1 small bunch	■ Fresh parsley (flat-leaf) <i>Sat turkey meatballs</i>	1 bunch
■ Fresh lemon <i>Wed avocado toast, Thu shawarma, Fri benedict, Sat sub salad</i>	4	■ Lime <i>Fri smoothie optional</i>	1
■ Banana (for oats) <i>Tue overnight oats optional add-in</i>	1	■ Mango (frozen) <i>Tue overnight oats, Fri smoothie</i>	1 × 10oz bag
■ Apple (medium + large) <i>Mon snack</i>	2+2	■ Strawberries (fresh) <i>Sun French toast</i>	1 pint
■ Mixed berries (fresh/frozen) <i>Fri yogurt snack</i>	1 × 12oz bag	■ Peach (fresh or canned in juice) <i>Tue cottage cheese snack</i>	2
■ Mandarin oranges (small) <i>Tue snack</i>	7	■ Okra (fresh or frozen) <i>Wed jambalaya</i>	1 cup needed
■ Corn (frozen) <i>Wed jambalaya</i>	1 cup needed		

■ Dairy & Refrigerated

■ Reduced-fat cheddar (sliced) ■ <i>Mon bacon cheeseburger</i>	1 pack	■ Reduced-fat mozzarella (shredded) <i>Sat turkey meatball sub + Sun leftover</i>	1 × 8oz bag
■ Non-fat plain Greek yogurt <i>Thu tzatziki, Sat hollandaise, Fri snack, Sun French toast</i>	1 × 32oz tub	■ Low-fat cottage cheese <i>Wed snack</i>	1 × 16oz container
■ Unsweetened almond milk <i>Tue overnight oats, Fri smoothie, Sun French toast</i>	2 × half-gallon cartons	■ Low-sodium chicken stock <i>Wed jambalaya — needs 3-4 cups</i>	2 × 32oz cartons
■ Low-sodium marinara sauce (jar) <i>Sat turkey meatball sub + Sun leftover — DOUBLE</i>	2 × 24oz jars	■ Hummus (roasted garlic) <i>Sat cucumber snack</i>	1 × 10oz tub
■ Tzatziki (or make from yogurt) <i>Thu shawarma + Fri leftover</i>	1 × 8oz tub	■ Capers (small jar) <i>Sat smoked salmon eggs benedict</i>	1 × 3oz jar
■ Whole wheat English muffins <i>Sat smoked salmon eggs benedict</i>	1 pack (6)	■ Whole wheat hoagie / sub rolls <i>Sat turkey meatball sub + Sun leftover</i>	1 pack (4)
■ Mixed nuts (almonds, cashews, walnuts) <i>Sun snack</i>	1 small bag	■ Unsalted butter (small amount) <i>Sat light hollandaise</i>	1 stick

■ Grains, Pasta & Bread · wheat-forward all week

■ Whole wheat burger buns ■ <i>Mon bacon cheeseburger</i>	1 pack (6)	■ Whole wheat bread (sliced loaf) <i>Mon tri-tip sandwich, Sun French toast, Sun garlic bread</i>	1 loaf
■ Whole wheat pita (small + large) <i>Thu chicken shawarma wraps + Fri leftover</i>	1 pack each	■ Whole wheat couscous ■ <i>Fri shrimp stir-fry + Sat leftover</i>	1 × 12oz box
■ Whole wheat spaghetti <i>Tue dan dan noodles + Wed leftover</i>	1 × 12oz box	■ Brown rice (long grain) ■ <i>Wed jambalaya — rice exception</i>	1 × 2 lb bag
■ Rolled oats <i>Tue overnight oats</i>	1 × 42oz canister	■ Whole wheat breadcrumbs <i>Sat turkey meatball binding</i>	1 small bag
■ Whole wheat crackers (optional) <i>Sat hummus snack side</i>	1 small box	■ Youtiao / oil sticks (frozen) <i>Thu jianbing crepe breakfast — air fry 375F 4 min</i>	1 small pack
■ Natural peanut butter (the real kind) <i>Mon snack, Tue dan dan sauce, Fri smoothie</i>	1 jar	■ Chia seeds <i>Tue overnight oats</i>	1 bag
■ Sesame seeds <i>Tue dan dan, Fri shrimp</i>	1 small jar	■ Everything bagel seasoning <i>Wed avocado toast</i>	1 small jar

■ Sauces, Condiments & Pantry

■ Low-sodium soy sauce <i>Tue dan dan sauce, Fri shrimp stir-fry</i>	1 large bottle	■ Oyster sauce (low-sodium) <i>Fri shrimp & bok choy stir-fry</i>	1 bottle
■ Sesame oil (toasted) <i>Tue dan dan, Fri shrimp, Thu jianbing</i>	1 bottle	■ Rice vinegar <i>Tue dan dan peanut sauce</i>	1 bottle
■ Hoisin sauce <i>Thu jianbing crepe breakfast</i>	1 bottle	■ Doubanjiang (spicy bean paste) <i>Tue dan dan noodles</i>	1 small jar
■ Lao gan ma chili sauce <i>Tue dan dan — the good stuff</i>	1 jar	■ Chili oil <i>Tue dan dan, Wed leftover refresh</i>	1 small jar
■ Crushed tomatoes (canned) <i>Wed jambalaya</i>	1 × 14oz can	■ Low-sodium Cajun/Creole seasoning <i>Wed jambalaya — key spice</i>	1 bottle
■ Dried thyme <i>Wed jambalaya</i>	1 small jar	■ Cayenne pepper <i>Wed jambalaya</i>	1 small jar
■ Bay leaves <i>Wed jambalaya</i>	1 small pack	■ Hot sauce <i>Wed jambalaya garnish, Thu leftover</i>	1 bottle
■ Smoked paprika <i>Sun tri-tip dry rub, Mon egg muffins, Thu shawarma</i>	1 jar	■ Cumin (ground) <i>Sun tri-tip dry rub, Thu shawarma marinade</i>	1 jar
■ Garlic powder <i>Sun tri-tip dry rub, Thu shawarma</i>	1 jar	■ Turmeric (ground) <i>Thu chicken shawarma marinade</i>	1 small jar
■ Italian seasoning <i>Sat turkey meatballs</i>	1 jar	■ Dijon mustard <i>Mon tri-tip sandwich, Mon burger</i>	1 jar
■ Horseradish sauce (light) <i>Mon tri-tip sandwich</i>	1 small jar	■ Extra virgin olive oil <i>Sun tri-tip veg, Wed avocado toast, Thu shawarma</i>	1 bottle
■ Cooking spray <i>Mon egg muffins, Sun French toast</i>	1 can	■ Honey (raw) <i>Tue overnight oats, Fri yogurt, Sun French toast</i>	1 jar

■ Sea salt & coarse black pepper stocked Sun tri-tip dry rub — season generously
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■ Supplements & Household			
■ Whey protein powder (shared) 1 container Tue overnight oats, Fri smoothie		■ Fish oil capsules — HIM 1 bottle Heart health & inflammation — age 52	
■ Vitamin D3 — HIM 1 bottle Testosterone & bone density support		■ Magnesium glycinate — HIM 1 bottle Sleep quality & muscle recovery	
■ Multivitamin — HER 1 bottle General micronutrient coverage		■ Sparkling water (shared) 24-pack Zero-cal soda substitute	
■ Green tea bags (shared) 1 box Metabolism support		■ Glass meal prep containers Set of 14 Label HER / HIM + day — back to full couples system	
■ Aluminium foil 1 roll Mon tri-tip sandwich wrap, Sun tri-tip resting		■ Meat thermometer (if needed) 1 Sun tri-tip — pull at 130-135F internal for medium-rare	

Week 11 Tips	Tri-tip: dry rub morning of, pull at 130F, REST 15 min — non-negotiable · Jambalaya: turkey andouille + brown rice, stir every 5 min so rice doesn't burn · Bacon burger: centre-cut bacon only, pat patties dry before searing · Dan dan: whole wheat spaghetti works perfectly — do not skip the lao gan ma · Couscous: 1:1 boiling water ratio, fluff with fork after 5 min
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