

Costco Chicken Week — The Family Is Here!

■ 3 Rotisserie Dishes · ■■ 2 Italian Nights · ■ Your Pork Recipe · ■ Deli Monday

■ HER + ■ DAUGHTER

Goal: Lose 40 lbs · Daughter = Her portions

~1,160–1,390 cal/day

Scale dinner proteins × 2 for both

■ HIM + ■ SON

Goal: Lose 50 lbs · Son = His × 1.5

~1,750–2,000 cal/day

Scale dinner proteins × 2.5 for both

■ **IMPORTANT — BUY 2–3 ROTISSERIE CHICKENS AT COSTCO:** One bird yields ~2–2.5 lbs of meat. With 4 people at dinner plus 2 leftover lunches across 3 dishes (empanadas, ginger-scallion bowl, chicken salad), you need approximately 5–6 lbs of shredded meat. Shred all birds while warm, remove all skin, store in sealed containers. ■■■■■■ **Family dinners Wed & Fri** (Chicken Marsala + Shrimp Fra Diavolo) — recipes scale easily for 4. ■ **Prosciutto tip:** 1oz per person maximum — all the flavour, keeps sodium in check. **Consult your doctor before starting any new diet plan.**

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

Sun	■ Chicken Salad Wheat Pita (double)	→	Mon	Chicken salad pita — no cook
Mon	■ Deli Options A & B (double)	→	Tue	Deli sandwich — zero effort
Tue	■ Chicken Empanadas (WW dough)	→	Wed	Empanadas reheated in oven
Wed	■■ Chicken Marsala + WW Pasta	→	Thu	Marsala pasta reheated
Thu	■ Pork Shoulder, Green Beans & Mush	→	Fri	Pork stir-fry over jasmine rice
Fri	■■■ Shrimp Fra Diavolo + WW Linguine	→	Sat	Fra diavolo pasta reheated
Sat	■ Ginger-Scallion Chicken Rice Bowl	→	Sun	Ginger-scallion bowl reheated

Weekly Overview

Day	Dinner (cook double)	■■ Next day lunch	■ Cal	■ Cal
Sun	Diet-Friendly Chicken Salad in Whole Wheat Pita	→ Chicken Salad Wheat Pita	1,220	1,820
Mon	Deli Night	→ Deli Sandwich	1,190	1,800
Tue	Diet-Modified Chicken Empanadas (Rotisserie Chicken)	→ Chicken Empanadas	1,300	1,930
Wed	Chicken Marsala with Whole Wheat Linguine & Sautéed Spinach	→ Chicken Marsala Pasta	1,390	2,030

Thu	Pork Shoulder Stir-Fry with Green Beans & Mushrooms (Your Recipe)	→ <i>Pork Stir-Fry Bowl</i>	1,280	1,880
Fri	Shrimp Fra Diavolo with Whole Wheat Linguine	→ <i>Shrimp Fra Diavolo Pasta</i>	1,190	1,785
Sat	Ginger-Scallion Rotisserie Chicken Rice Bowl	→ <i>Ginger-Scallion Chicken Rice Bowl</i>	1,190	1,820

SUNDAY · Rotisserie Chicken — Chicken Salad Pita

Cook dinner double (couple lunches) · Scale dinner × 4 for family · ■■ 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: Ginger-Scallion Chicken Rice Bowl (from Saturday)

Saturday's ginger-scallion chicken bowl reheated — the sauce soaks into the rice overnight and becomes even more fragrant. Add fresh scallion and a drizzle of sesame oil. 3-minute reheat

■ HER

Sat ginger-scallion chicken bowl reheated, scallion, sesame oil

350 kcal

■ HIM

Sat ginger-scallion bowl reheated, extra sauce + scallion

520 kcal

■ Snack

Mixed Nuts + Red Grapes

Small handful of mixed almonds, cashews and walnuts with a bunch of fresh red grapes

■ HER

10 mixed nuts, ½ cup red grapes

180 kcal

■ HIM

16 mixed nuts, ¾ cup red grapes

260 kcal

■ Dinner

■ Diet-Friendly Chicken Salad in Whole Wheat Pita

Shredded rotisserie chicken (no skin) mixed with non-fat Greek yogurt (replaces mayo), diced celery, finely diced red onion, Dijon mustard, fresh lemon juice, fresh dill, salt and pepper. Stuffed generously into whole wheat pita with crisp romaine and sliced tomato. MAKE DOUBLE — saves for Monday lunch

■ HER

1 small WW pita, 4oz chicken salad, romaine, tomato, fresh dill

370 kcal

■ HIM

1 large WW pita, 6oz chicken salad, extra filling, romaine, tomato

550 kcal

■ Make tonight: Chicken Salad — DOUBLE batch. Pack Monday lunch pitas before eating. Keeps 2 days. This closes AND opens the weekly loop.

Daily Totals

■ Her: 1,220 kcal

■ His: 1,820 kcal

MONDAY · American Quick — No-Cook Deli Night

Cook dinner double (couple lunches) · Scale dinner × 4 for family · ■■ 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: Chicken Salad Wheat Pita (from Sunday)

Sunday's chicken salad pita — grab straight from the fridge and go. Even better the next day as the flavours meld. Add a squeeze of fresh lemon and extra dill to refresh. Zero cooking

■ HER

Sun chicken salad in WW pita, romaine, tomato

350 kcal

■ HIM

Sun chicken salad pita, extra filling, fresh lemon squeeze

530 kcal

■ Snack

Apple + Natural Peanut Butter

Fresh Fuji apple, natural peanut butter — the real kind that you have to stir

■ HER

1 medium apple, 1 tbsp peanut butter

160 kcal

■ HIM

1 large apple, 1.5 tbsp peanut butter

230 kcal

■ Dinner

■ Deli Night — Option A: Italian Club with Prosciutto · Option B: California Turkey Avocado

OPTION A (daughter's fave): WW hoagie roll, 1oz prosciutto, 1oz turkey, provolone, romaine, thick-sliced tomato, roasted red pepper, banana peppers, Dijon, light olive oil drizzle. OPTION B: WW bread, 2oz sliced turkey, ¼ avocado (squeeze lemon to prevent browning), reduced-fat Swiss, romaine, tomato, cucumber, honey mustard. MAKE DOUBLE of both — Tuesday lunch is sorted with zero effort

■ HER

Option A or B — WW roll/bread, lean protein, veg toppings

400 kcal

■ HIM

Option A or B — WW roll/bread, generous protein, all toppings

580 kcal

■ Make tonight: Both deli options — DOUBLE everything. Wrap Option A & B separately in foil (lemon on avocado). Tuesday lunch needs zero effort.

Daily Totals

■ Her: 1,190 kcal

■ His: 1,800 kcal

TUESDAY · Rotisserie Chicken — Empanadas

Cook dinner double (couple lunches) · Scale dinner × 4 for family · ■■ 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 — grab from fridge and go. Zero morning cooking

■ HER

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

330 kcal

■ HIM

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

500 kcal

■■ Lunch

■■ Leftover: Deli Sandwich (from Monday)

Monday's deli sandwich — Option A Italian Club or Option B California Turkey. Grab straight from the fridge, eat as-is or let it come to room temperature for 10 minutes. Zero effort

■ HER

Mon deli sandwich — Option A or B

380 kcal

■ HIM

Mon deli sandwich — Option A or B

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

■ Diet-Modified Chicken Empanadas (Rotisserie Chicken)

DOUGH (modified from Week 8): 2¾ cups WW flour, 2 tbsp olive oil + 2 tbsp cold butter (not ¾ cup), ½ cup cold water, pinch salt. Refrigerate 1 hr. FILLING: shredded rotisserie chicken (no skin), caramelised onion, garlic, cumin, smoked paprika, chili, reduced-fat Monterey Jack, baby spinach, corn, peas, green chili. Seal with fork crimp. Egg wash. Bake 425F 20–25 min

■ HER

2 WW empanadas, side arugula salad with lemon vinaigrette

490 kcal

■ HIM

3 WW empanadas, side arugula salad with lemon vinaigrette

700 kcal

■ Cook tonight: Chicken Empanadas — make EXTRA for Wednesday lunch. Start dough at lunchtime so it chills in time.

Daily Totals

■ Her: 1,300 kcal

■ His: 1,930 kcal

WEDNESDAY · ■■ Italian Family Night — Chicken Marsala

Cook dinner double (couple lunches) · Scale dinner × 4 for family · ■■ orange = leftover

■ Breakfast

Steamed Egg Custard with Lean Ground Pork & Toast

Silky smooth eggs steamed with lean ground pork, low-sodium soy sauce, sesame oil and scallion. Served with whole wheat toast

■ HER

2 eggs, 1oz lean pork, soy & sesame, 1 slice WW toast

290 kcal

■ HIM

3 eggs, 2oz lean pork, soy & sesame, 2 slices WW toast

440 kcal

■■ Lunch

■■ Leftover: Chicken Empanadas (from Tuesday)

Tuesday's empanadas reheated in the oven at 375F for 10 minutes — the whole wheat crust crisps back up beautifully. Squeeze of lime to refresh the filling

■ HER

Tue chicken empanadas reheated at 375F, squeeze of lime

460 kcal

■ HIM

Tue chicken empanadas reheated + side cucumber slices

660 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 berries, 1 tsp honey

240 kcal

■ Dinner

■■ Chicken Marsala with Whole Wheat Linguine & Sautéed Spinach

Chicken breast pounded thin, dredged in WW flour, pan-seared in olive oil until golden. Sauce: cremini mushrooms + dry Marsala wine + low-sodium chicken broth + 1 tbsp butter + fresh thyme — simmered until rich and slightly thickened. Serve over whole wheat linguine with a handful of wilted baby spinach

■ HER

4oz chicken marsala, ¾ cup WW linguine, mushroom sauce, spinach

480 kcal

■ HIM

6oz chicken marsala, 1 cup WW linguine, extra mushroom sauce, spinach

690 kcal

■■ Cook tonight: Chicken Marsala — family night, scale up for daughter + son. Cook DOUBLE chicken & pasta for Thursday lunch. Wednesday is slightly higher — Italian family night is worth it.

Daily Totals

■ Her: 1,390 kcal

■ His: 2,030 kcal

THURSDAY · Asian Stir-Fry — Your Pork Recipe

Cook dinner double (couple lunches) · Scale dinner × 4 for family · ■ orange = leftover

■ Breakfast

■ Mango Banana Protein Smoothie

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

■ HER

½ cup frozen mango, ½ banana, 1 scoop protein, 1 cup almond milk

310 kcal

■ HIM

¾ cup frozen mango, 1 banana, 1.5 scoops protein, 1 cup almond milk

470 kcal

■ Lunch

■ Leftover: Chicken Marsala Pasta (from Wednesday)

Wednesday's chicken marsala reheated gently in a pan — add a small splash of chicken broth to loosen the sauce. The marsala mushroom sauce is incredible the next day. 5-minute reheat

■ HER

Wed chicken marsala, WW linguine, mushroom sauce reheated

450 kcal

■ HIM

Wed chicken marsala, WW linguine, extra sauce + splash of broth

650 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 fresh peach

130 kcal

■ HIM

¾ cup cottage cheese, 1 fresh peach

190 kcal

■ Dinner

■ Pork Shoulder Stir-Fry with Green Beans & Mushrooms (Your Recipe)

YOUR RECIPE — diet modified: MARINADE: pork + 2 tbsp low-sodium soy + 2 tbsp red wine + 2 tsp Worcestershire, 30 min. Parboil green beans 8–10 min. COOK: 1 tbsp oil + garlic, stir-fry pork 6 min, set aside. Reheat with 1 tbsp oil, mushrooms 4 min. Add beans + 2 tbsp low-sodium soy + 2 tbsp red wine + 2 tsp Worcestershire, 3 min. Off heat: return pork + 1 tbsp butter (reduced from 2). Stir to combine. Served over jasmine rice

■ HER

4oz pork shoulder, green beans, mushrooms, ½ cup jasmine rice

390 kcal

■ HIM

7oz pork shoulder, generous green beans & mushrooms, ¾ cup jasmine rice

570 kcal

■ Cook tonight: Pork Stir-Fry — make DOUBLE. Pack Friday lunch containers before eating. Marinate pork this morning for best flavour.

Daily Totals

■ Her: 1,280 kcal

■ His: 1,880 kcal

FRIDAY · ■■ Italian Family Night — Shrimp Fra Diavolo

Cook dinner double (couple lunches) · Scale dinner × 4 for family · ■■ orange = leftover

■ Breakfast

Savory Congee with Lean Ground 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

■ HER

½ cup jasmine rice, 2oz lean ground pork, zha cai, ginger

280 kcal

■ HIM

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

420 kcal

■■ Lunch

■■ Leftover: Pork Stir-Fry Bowl (from Thursday)

Thursday's ginger-scallion chicken bowl reheated — the sauce soaks into the rice overnight and becomes even more fragrant. Add fresh scallion and an extra drizzle of sesame oil. 3-minute reheat

■ HER

Thu pork stir-fry, green beans & mushrooms over jasmine rice

360 kcal

■ HIM

Thu pork stir-fry over rice, extra soy splash, scallion

545 kcal

■ Snack

Celery + Baby Carrots + Roasted Garlic Hummus

Fresh celery stalks and baby carrots with roasted garlic hummus

■ HER

4 celery, 8 carrots, 3 tbsp hummus

130 kcal

■ HIM

5 celery, 10 carrots, 5 tbsp hummus

200 kcal

■ Dinner

■■■ Shrimp Fra Diavolo with Whole Wheat Linguine

Fra Diavolo sauce: olive oil + 6 garlic cloves sliced + 1 tsp crushed red pepper — bloom 2 min. Add dry white wine, reduce by half. Add crushed tomatoes, simmer 10 min. Add large shrimp, cook 3–4 min until pink. Finish with fresh basil and a drizzle of good olive oil. Toss with whole wheat linguine. Adjust heat with extra chili flakes

■ HER

5oz shrimp, ¾ cup WW linguine, fra diavolo sauce, fresh basil

420 kcal

■ HIM

8oz shrimp, 1 cup WW linguine, extra fra diavolo sauce, basil

620 kcal

■■■ Cook tonight: Shrimp Fra Diavolo — family night, scale for daughter + son. Make DOUBLE shrimp & sauce for Saturday lunch. Store sauce and shrimp separately from pasta.

Daily Totals

■ Her: 1,190 kcal

■ His: 1,785 kcal

SATURDAY · Rotisserie Chicken — Ginger-Scallion Bowl

Cook dinner double (couple lunches) · Scale dinner × 4 for family · ■■ orange = leftover

■ Breakfast

Spinach, Mushroom & Diced Ham Breakfast Scramble with Whole Wheat Toast

Same great ingredients — no muffin tin needed. Scramble eggs with baby spinach, cremini mushrooms, diced bell pepper, low-fat feta and diced lean ham all in one pan. Season with salt, pepper and Italian herbs. Served with whole wheat toast. Ready in 8 minutes

■ HER

2 eggs, 1oz diced ham, spinach, mushroom, feta, 1 slice WW toast

310 kcal

■ HIM

3 eggs, 2oz diced ham, spinach, mushroom, feta, 2 slices WW toast

480 kcal

■■ Lunch

■■ Leftover: Shrimp Fra Diavolo Pasta (from Friday)

Friday's shrimp fra diavolo reheated — reheat shrimp gently (90 seconds in pan) to avoid rubbery texture, then toss back into the warm sauce and linguine. Add fresh basil and extra chili flakes

■ HER

Fri shrimp fra diavolo, WW linguine reheated, fresh basil

390 kcal

■ HIM

Fri shrimp fra diavolo, WW linguine, extra sauce + chili flakes

580 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 WW crackers

200 kcal

■ Dinner

■ Ginger-Scallion Rotisserie Chicken Rice Bowl

Shredded rotisserie chicken (skin removed) warmed briefly in a pan. Served over steamed jasmine rice, drizzled generously with homemade or leftover ginger-scallion sauce (ginger, scallion, sesame oil, hot oil). Topped with sliced cucumber, shredded carrot, blanched bok choy. Fast, deeply flavoured and satisfying

■ HER

4oz rotisserie chicken (no skin), ½ cup jasmine rice, ginger-scallion sauce, bok choy, cucumber

380 kcal

■ HIM

6oz rotisserie chicken (no skin), ¾ cup jasmine rice, generous sauce, bok choy, cucumber, carrot

560 kcal

■ Cook tonight: Ginger-Scallion Chicken Bowl — make DOUBLE. Pack Sunday lunch containers before eating.

Daily Totals

■ Her: 1,190 kcal

■ His: 1,820 kcal

2–3 Rotisserie Birds. One Great Week.

Dinner quantities scaled for 4 · Lunch leftovers for 2 · 1 rice night · All else wheat

■ Orange border = leftover meal · ■ Rust border = Italian family night · ■ 3 rotisserie dishes

■ Rotisserie Chicken — BUY 2–3 BIRDS AT COSTCO

■ Costco rotisserie chicken

One bird = ~2–2.5 lbs meat. Need ~6 lbs total: Tue empanadas + Thu ginger-scallion + Sat chicken salad for 4 people + 2 leftover lunches each

2–3 whole birds

■ NOTE: shred all birds warm

Remove ALL skin before using. Store shredded meat in sealed containers up to 4 days

immediately

■ Additional Proteins · dinner quantities scaled for 4 people + 2 lunch leftovers

■ Pork shoulder (boneless, sliced)

■ Mon stir-fry dinner (4 people) + Tue leftover lunch (2 people) — your recipe

~4 lbs

■ Chicken breast (boneless, skinless)

Wed Chicken Marsala (4 people) + Thu leftover lunch (2 people) — DOUBLE

~4 lbs

■ Large shrimp (peeled, deveined)

■ Fri Fra Diavolo (4 people) + Sat leftover lunch (2 people) — DOUBLE

~4 lbs

■ Lean ground pork

Wed steamed egg breakfast, Fri congee breakfast

~1 lb

■ Sliced turkey breast (deli, lean)

■ Sun & next Sun deli Option B — California Turkey

~¾ lb

■ Prosciutto (thinly sliced)

■ Sun & next Sun deli Option A — 1oz per person, daughter's favourite

~4oz

■ Lean ham (deli, low-sodium)

■ Sun deli Option A — Italian Club

~½ lb

■ Eggs (large)

All week — all 4 people for breakfasts

3 dozen

■ Whey/vanilla protein powder

Tue overnight oats, Thu smoothie

1 container

■ Produce & Vegetables · scaled for family of 4 at dinner

■ Baby spinach

Wed steamed egg, Tue empanada filling, Sat egg muffins, Wed marsala

2 × 5oz bags

■ Baby arugula

Tue empanada side salad, Wed leftover salad

1 × 5oz bag

■ Baby bok choy

Thu ginger-scallion bowl + Fri leftover — scaled for 4

2 bags (~10 heads)

■ Green beans (fresh)

■ Mon pork stir-fry — your recipe calls for ½ lb, scale up for 4 + leftovers

1.5 lbs

■ Mushrooms (cremini, pkg)

Mon pork stir-fry, Wed Chicken Marsala, Sat egg muffins

3 packages

■ Bell peppers (red/yellow)

Sat egg muffins, Sun deli roasted red pepper

3

■ Cherry tomatoes

Mon avocado toast, Sat egg muffins

1 pint

■ Tomatoes (medium)

Sun deli sandwiches DOUBLE, Sat chicken salad pita

4

■ Cucumber (large)

Mon avocado toast side, Thu ginger-scallion, Sat/Sun chicken salad pita, hummus snacks

4

■ Carrot (bag)

Thu ginger-scallion bowl, Fri hummus snack

1 × 1 lb bag

■ Celery (bunch) <i>Fri hummus snack, Sat chicken salad filling</i>	1	■ Avocado <i>Mon avocado toast, Sun Option B California Turkey × DOUBLE</i>	3
■ Red onion <i>Sat chicken salad filling, Sun deli sandwiches</i>	2	■ Onion (yellow) <i>Tue empanada filling (caramelised), Mon pork stir-fry</i>	2
■ Scallions / green onions <i>Mon pork stir-fry, Thu ginger-scallion, Fri congee</i>	2 bunches	■ Ginger (fresh knob) <i>Mon pork stir-fry, Thu ginger-scallion sauce, Fri congee</i>	2 large
■ Garlic (fresh) <i>Mon pork stir-fry, Fri fra diavolo (6 cloves!), Wed marsala, Thu bowl</i>	3 heads	■ Fresh basil (large bunch) <i>Fri fra diavolo — needs generous amount for 4 people + leftover</i>	2 bunches
■ Fresh thyme <i>Wed Chicken Marsala</i>	1 small bunch	■ Fresh dill <i>Sat & Sun chicken salad pita</i>	1 bunch
■ Fresh lemon <i>Mon avocado toast, Sat chicken salad, Sun deli avocado (anti-brown)</i>	4	■ Lime <i>Tue empanada leftover squeeze, Wed empanada leftover</i>	2
■ Banana <i>Thu protein smoothie</i>	3	■ Mango (frozen) <i>Tue overnight oats, Thu protein smoothie — scaled up</i>	1 × 16oz bag
■ Apple (medium + large) <i>Mon snack — her med, his large</i>	2+2	■ Strawberries (fresh) <i>Sun French toast</i>	1 pint
■ Mixed berries (fresh/frozen) <i>Wed yogurt snack</i>	1 × 12oz bag	■ Peach (fresh or canned in juice) <i>Thu cottage cheese snack</i>	3
■ Red grapes <i>Sun mixed nuts snack</i>	1 small bunch	■ Mandarin oranges (small) <i>Tue snack</i>	7
■ Banana peppers (jar) ■ Sun deli Option A Italian Club	1 small jar	■ Roasted red peppers (jar) ■ Sun deli Option A Italian Club	1 × 12oz jar

■ Dairy & Refrigerated

■ Non-fat plain Greek yogurt <i>Sat chicken salad (replaces mayo) — needs generous amount; Sun French toast; Wed snack</i>	2 × 32oz tubs	■ Low-fat cottage cheese <i>Thu snack</i>	1 × 16oz container
■ Reduced-fat feta (crumbled) <i>Sat egg muffins</i>	1 small container	■ Provolone cheese (sliced) ■ Sun deli Option A Italian Club × DOUBLE	1 pack
■ Reduced-fat Swiss cheese (sliced) ■ Sun deli Option B California Turkey × DOUBLE	1 pack	■ Reduced-fat Monterey Jack (shredded) <i>Tue chicken empanada filling</i>	1 × 8oz bag
■ Parmesan (grated) <i>Fri fra diavolo finish, Wed marsala</i>	1 small wedge	■ Unsalted butter <i>Mon pork recipe (1 tbsp only), Wed Chicken Marsala sauce</i>	1 stick
■ Unsweetened almond milk <i>Tue overnight oats, Thu smoothie, Sun French toast</i>	2 × half-gallon cartons	■ Dry Marsala wine <i>Wed Chicken Marsala — needs a generous pour</i>	1 bottle
■ Dry white wine <i>Fri Shrimp Fra Diavolo — reduces into the sauce</i>	1 bottle	■ Low-sodium chicken broth <i>Wed Chicken Marsala sauce + Fri congee</i>	2 × 32oz cartons

■ Crushed tomatoes (canned) <i>Fri Shrimp Fra Diavolo — scaled for 4 + leftover</i>	2 × 28oz cans	■ Hummus (roasted garlic) <i>Fri & Sat snacks — family size this week</i>	1 large tub
■ Whole wheat crackers <i>Sat hummus snack side</i>	1 small box	■ Mixed nuts <i>Sun mixed nuts snack</i>	1 bag

■ Grains, Pasta & Bread · wheat-forward

■ Whole wheat hoagie / sub rolls ■ Sun deli Option A × DOUBLE for 4 people	1 pack (6)	■ Whole wheat bread (sliced loaf) ■ Sun deli Option B, Mon avocado toast, Wed steamed egg toast, Sun French toast	1 loaf
■ Whole wheat pita (small + large) <i>Sat & Sun chicken salad — scaled for 4 at dinner + 2 leftovers</i>	2 packs	■ Whole wheat linguine <i>Wed Marsala + Thu leftover; Fri Fra Diavolo + Sat leftover — scaled for 4</i>	2 × 12oz boxes
■ Whole wheat flour <i>Tue empanada dough (WW recipe), Wed Marsala dredge</i>	1 × 5 lb bag	■ Jasmine rice <i>Mon pork stir-fry (rice night 1), Thu ginger-scallion (rice night 2), Fri congee</i>	1 × 5 lb bag
■ Rolled oats <i>Tue overnight oats</i>	1 × 42oz canister	■ Whole wheat panko <i>Sat egg muffins optional coating</i>	1 small bag
■ Chia seeds <i>Tue overnight oats</i>	1 bag	■ Natural peanut butter <i>Mon apple snack</i>	1 jar
■ Pickled mustard greens / zha cai <i>Fri congee breakfast</i>	1 small jar	■ Everything bagel seasoning <i>Mon avocado toast</i>	1 small jar

■ Sauces, Condiments & Pantry

■ Low-sodium soy sauce <i>Mon pork stir-fry (your recipe), Thu ginger-scallion sauce, Fri congee</i>	1 large bottle	■ Red wine (for cooking) <i>Mon pork stir-fry marinade — your recipe calls for 4 tbsps total</i>	1 bottle
■ Worcestershire sauce <i>Mon pork stir-fry — your recipe calls for 4 tsp total</i>	1 bottle	■ Sesame oil (toasted) <i>Mon pork stir-fry, Thu ginger-scallion, Fri congee</i>	1 bottle
■ Oyster sauce (low-sodium) <i>Can add to Thu ginger-scallion for extra depth</i>	optional	■ Crushed red pepper flakes <i>Fri Shrimp Fra Diavolo — key ingredient, use generously</i>	1 jar
■ Olive oil (extra virgin, good quality) <i>Fri Fra Diavolo (bloomed with garlic), Wed Marsala, Mon avocado toast</i>	1 bottle	■ Dijon mustard <i>Mon avocado toast, Sat & Sun chicken salad</i>	1 jar
■ Honey mustard ■ Sun deli Option B California Turkey	1 jar	■ Banana peppers (jar) ■ Sun deli Option A	stocked above
■ Capers (small jar) <i>Optional on Sun deli Option A</i>	1 × 3oz jar	■ Cumin (ground) <i>Tue empanada filling seasoning</i>	1 jar
■ Smoked paprika <i>Tue empanada filling</i>	1 jar	■ Chili powder <i>Tue empanada filling</i>	1 jar
■ White pepper (ground) <i>Fri congee</i>	1 small jar	■ Honey (raw) <i>Tue overnight oats, Wed yogurt snack, Sun French toast</i>	1 jar
■ Sea salt & black pepper <i>All week</i>	stocked	■ Frozen corn <i>Tue empanada filling</i>	1 × 12oz bag

■ Frozen peas <i>Tue empanada filling</i>	1 × 12oz bag	■ Canned green chilies (4oz) <i>Tue empanada filling — your recipe</i>	2 cans
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■ Supplements & Household			
■ Whey protein powder (shared) <i>Tue overnight oats, Thu smoothie</i>	1 container	■ 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>Family week — stock up for 4 people</i>	24-pack × 2
■ Green tea bags <i>Metabolism support</i>	1 box	■ Glass meal prep containers <i>Label HER / HIM + day — couple lunch system</i>	Set of 14
■ Aluminium foil ■ <i>Sun deli sandwich wrapping — lemon on avocado before sealing</i>	1 roll	■ Parchment paper <i>Tue empanada baking sheets</i>	1 roll

Week 12 Tips	Pork stir-fry: marinate this morning — key step per your recipe · Empanada dough: refrigerate 1 hr minimum · Chicken marsala: pound chicken thin for even cooking, don't skip the Marsala wine · Fra Diavolo: bloom garlic + chili in oil first before adding wine — the base of the sauce · Chicken salad: Greek yogurt not mayo — same creaminess, half the calories · Prosciutto: 1oz per person is plenty — it is very salty and very flavourful
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