

Happy Father's Day — Eat Well, Stay on Track!

■ Beef Kabob Feast · ■ Pizza-Dillas · ■ Baked Ziti · ■ Korean Tofu · ■ Moroccan Beef

■ HER

Goal: Lose 40 lbs

~1,130–1,380 cal/day

Smaller portions · ~110g protein/day

■ HIM

Goal: Lose 50 lbs · Age 52

~1,710–1,980 cal/day

Larger portions · ~150g protein/day

■ **Father's Day Sunday:** Special occasion — dinner runs higher than usual, that is perfectly fine. Keep lunch light (simple salad) to save room. Kabob portions: Her 4oz · His 7oz meat. Make EXTRA kabob meat for Monday's leftover bowl. ■ **Sirloin note:** Heavy sirloin week — kabobs (5 lbs) + pizza-dilla (½ lb) + Korean soup (1 lb) + Moroccan (1.5 lbs). Buy in bulk. ■■ **Ras el hanout:** Made from your existing spice rack — recipe is right in Saturday's dinner card. No specialty shopping needed. ■ **Shawarma sauce:** Your tahini-yogurt sauce (Chobani non-fat + tahini + lemon + garlic + cumin) replaces tzatziki as always. **Consult your doctor before starting any new diet plan.**

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

Sun	■ Beef Kabobs (extra meat set aside)	→	Mon	Cold kabob salad bowl over greens
Mon	■ Steak & Mushroom Pizza-Dillas	→	Tue	Pizza-dilla filling in fresh tortilla
Tue	■ Baked Ziti with Turkey Sausage	→	Wed	Baked ziti reheated covered
Wed	■ Shrimp Fra Diavolo	→	Thu	Fra diavolo pasta reheated
Thu	■ Korean Soft Tofu Soup	→	Fri	Tofu soup reheated, egg cracked in
Fri	■ Chicken Shawarma Wraps	→	Sat	Shawarma in fresh WW pita
Sat	■ Moroccan Beef over WW Couscous	→	Sun	Moroccan beef couscous bowl

Weekly Overview

Day	Dinner	■■ Next day lunch	■ Cal	■ Cal
Sun	Father's Day Feast	→ Cold Kabob Bowl	1,330	1,870
Mon	Steak & Mushroom Pizza-Dillas	→ Steak & Mushroom Pizza-Dilla	1,130	1,730
Tue	Baked Ziti	→ Baked Ziti	1,220	1,840
Wed	Shrimp Fra Diavolo with Whole Wheat Linguine	→ Shrimp Fra Diavolo	1,280	1,910

Thu	Korean Soft Tofu Soup (Sundubu Jjigae)	→ <i>Korean Tofu Soup</i>	1,240	1,810
Fri	Chicken Shawarma Wraps in Whole Wheat Pita	→ <i>Chicken Shawarma Wrap</i>	1,170	1,720
Sat	Moroccan Spiced Beef Bowl over Whole Wheat Couscous	→ <i>Light Green Salad — Keep It Simple Today</i>	1,260	1,880

SUNDAY · ■ Father's Day — Beef Kabob Feast

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

■ Breakfast

Blueberry Yogurt Parfait with Granola & Chia Seeds

Chobani non-fat Greek yogurt layered with fresh blueberries, low-sugar granola and chia seeds. Stir chia into yogurt first and rest 10 minutes for a thicker, creamier texture before layering

■ HER

¾ cup Chobani non-fat, ½ cup blueberries, 2 tbsp granola, 1 tbsp chia

350 kcal

■ HIM

1 cup Chobani non-fat, ¾ cup blueberries, 3 tbsp granola, 1 tbsp chia, 1 tsp honey

450 kcal

■■ Lunch

Light Green Salad — Keep It Simple Today

Keep lunch light — big Father's Day dinner tonight. Baby greens, cherry tomatoes, cucumber, red onion, lemon vinaigrette (lemon juice, olive oil, Dijon, salt). Fills you up without spoiling the celebration

■ HER

Baby greens, cherry tomatoes, cucumber, lemon vinaigrette

120 kcal

■ HIM

Baby greens, cherry tomatoes, cucumber, red onion, lemon vinaigrette

180 kcal

■ Snack

Mixed Nuts + Red Grapes

Small handful of mixed almonds, cashews and walnuts with a small 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

■ Father's Day Feast — Beef Kabobs + Broccoli Casserole + Baguette + Mashed Potatoes

KABOBS (diet-modified): 5 lbs sirloin cubed + 3 tbsp olive oil (not ½ cup) + ■ cup low-sodium soy + ¼ cup lemon + ¼ cup Worcestershire + garlic powder + Italian seasoning + black pepper + dash hot sauce. Marinate 8–24 hrs. Grill high heat 8–10 min, pull at 125F, rest 5 min. BROCCOLI: 1 tbsp oil (not 2), 2oz reduced-fat cheddar (not 4oz), 425F 10 min then melt cheese 1–2 min. BAGUETTE + DIP: olive oil + balsamic glaze — portion carefully (see below). MASHED POTATOES (lighter): sub chicken broth for cream, 1 tbsp butter total. Make EXTRA kabob meat — saves for Monday lunch

■ HER

4oz kabob meat, broccoli casserole, 1–2 baguette slices + oil dip, ½ cup mashed potato

680 kcal

■ HIM

7oz kabob meat, broccoli casserole, 2–3 baguette slices + oil dip, ¾ cup mashed potato

980 kcal

■ Father's Day — cook EXTRA kabob meat and set aside for Monday's cold kabob bowl lunch. Today is a special occasion — slightly higher calories on dinner is perfectly fine. Enjoy!

Daily Totals

■ Her: 1,330 kcal

■ His: 1,870 kcal

MONDAY · American Italian

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: Cold Kabob Bowl (from Sunday)

Sunday's extra kabob meat sliced cold over baby arugula with cherry tomatoes, sliced cucumber, red onion and a light lemon-olive oil vinaigrette. Cold sirloin over greens is excellent — zero cooking, 3 minutes to assemble

■ HER

3oz Sun kabob meat sliced over arugula, tomatoes, cucumber, vinaigrette

310 kcal

■ HIM

5oz Sun kabob meat sliced over arugula, tomatoes, cucumber, red onion, vinaigrette

480 kcal

■ Snack

Apple + Natural Peanut Butter

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

■ HER

1 medium apple, 1 tbsp peanut butter

160 kcal

■ HIM

1 large apple, 1.5 tbsp peanut butter

230 kcal

■ Dinner

■ Steak & Mushroom Pizza-Dillas

DIET-MODIFIED: Cooking spray pan (no butter). 8oz top sirloin thinly sliced — cook 3 min, set aside. ½ tbsp butter (not 1), garlic, 8oz cremini mushrooms — cook 6 min. Combine steak + mushrooms. 4 WW 8-inch tortillas — sprinkle 2 tbsp part-skim mozzarella on each half (3oz total not 4oz), divide filling, top with remaining cheese, fold. Spray both sides, cook 2 min per side until browned. Cut into wedges. Serve with 1 cup warm low-sodium marinara. Cook DOUBLE filling — saves for Tuesday lunch

■ HER

1 WW tortilla pizza-dilla (4 wedges), ¼ cup marinara dipping sauce

380 kcal

■ HIM

1.5 WW tortillas (6 wedges), extra marinara dipping sauce

560 kcal

■ Cook tonight: Pizza-Dillas — make DOUBLE filling. Pack Tuesday lunch containers (filling + tortilla separate) before eating. Reheat filling and griddle fresh tortilla tomorrow.

Daily Totals

■ Her: 1,130 kcal

■ His: 1,730 kcal

TUESDAY · ■■ Italian Night — Baked Ziti

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 — 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: Steak & Mushroom Pizza-Dilla (from Monday)

Monday's pizza-dilla filling reheated and wrapped in a fresh griddled WW tortilla — keeping filling and tortilla separate means it crisps up perfectly. Add extra marinara for dipping

■ HER

Mon pizza-dilla filling in fresh griddled WW tortilla, marinara

350 kcal

■ HIM

Mon pizza-dilla filling in 1.5 fresh WW tortillas, extra marinara

530 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

■■ Baked Ziti — Pasta Bake with Turkey Sausage

DIET-MODIFIED (Camelia's recipe): Swap Italian sausage → 1 lb lean Italian turkey sausage. Reduce olive oil → 1 tbsp. Mozzarella → 1.5 cups part-skim (not 3 cups). Goat cheese → 8oz goat + 4oz low-fat cream cheese (cream cheese smooths texture). Parmesan → ½ cup (not 1 cup). Everything else as written: garlic, ½ cup red wine, onion, 2 cups mushrooms, 2×28oz crushed tomatoes, 4 cups spinach, fresh basil. Mix cheeses into sauce, combine with 1 b WW penne, bake 375F 25 min until golden. Rest 15 min before cutting

■ HER

1 portion (~1.5 cups) baked ziti with turkey sausage, side salad

440 kcal

■ HIM

1.5 portions (~2.5 cups) baked ziti, extra parmesan, side salad

640 kcal

■■ Cook tonight: Baked Ziti — big 9×13 pan. Pack Wednesday lunch containers before eating. Even better reheated the next day.

Daily Totals

■ Her: 1,220 kcal

■ His: 1,840 kcal

WEDNESDAY · ■■ Italian Night — Shrimp Fra Diavolo

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

■ Breakfast

Spinach, Mushroom & Diced Ham Scramble with Whole Wheat Toast

Eggs scrambled in one pan with baby spinach, cremini mushrooms, diced bell pepper, low-fat feta and diced lean ham. 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: Baked Ziti (from Tuesday)

Tuesday's baked ziti reheated — cover with foil at 350F for 15 min, or microwave 2–3 min with damp paper towel. The turkey sausage and three-cheese blend gets even richer overnight

■ HER

Tue baked ziti reheated, covered 350F 15 min

420 kcal

■ HIM

Tue baked ziti reheated, extra portion, side arugula salad

620 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

■■■ 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

■ 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 — make **DOUBLE** shrimp & sauce. Store sauce & shrimp separately from pasta. Pack Thursday lunch before eating. ■ Also prep Thursday overnight oats — wait, prep **TONIGHT**: marinate shawarma chicken for Friday!

Daily Totals

■ Her: 1,280 kcal

■ His: 1,910 kcal

THURSDAY · Korean — Sundubu Jjigae

Cook dinner double · pack lunch containers before eating · ■■ 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. Warming and deeply satisfying

■ HER

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

280 kcal

■ HIM

¾ cup jasmine rice, 3oz lean ground pork, zha cai, ginger, soft-boiled egg

420 kcal

■■ Lunch

■■ Leftover: Shrimp Fra Diavolo (from Wednesday)

Wednesday's fra diavolo reheated — reheat shrimp gently in a pan (90 sec) to keep them tender, then toss into warm sauce and linguine. Finish with fresh basil and extra chili flakes

■ HER

Wed shrimp fra diavolo, WW linguine, fresh basil

390 kcal

■ HIM

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

580 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

■ Korean Soft Tofu Soup (Sundubu Jjigae) + Jasmine Rice

YOUR RECIPE (diet-modified): Cut lean sirloin into thin strips. Add beef + mushrooms + gochugaru (1–3 tsp) + garlic + sesame oil to pot over medium heat. Stir-fry 3–4 min until beef is nearly cooked. Pour in 4 cups LOW-SODIUM chicken broth + 1 tbsp fish sauce. Bring to boil 3–4 min. Add soft tofu in big chunks, cook 4–5 min. Crack in eggs — 7 min for set yolk, 3 min for runny. Top with scallion. Serve with small side of jasmine rice

■ HER

½ pkg tofu, 2oz sirloin strips, mushrooms, 1 egg, scallion, ½ cup jasmine rice side

400 kcal

■ HIM

¾ pkg tofu, 4oz sirloin strips, mushrooms, 1 egg, scallion, ¾ cup jasmine rice side

590 kcal

■ Cook tonight: Korean Tofu Soup — make EXTRA for Friday lunch (reheats beautifully). Rice night 1 of 2 ✓. Also: make sure shawarma chicken is marinating for tomorrow night!

Daily Totals

■ Her: 1,240 kcal

■ His: 1,810 kcal

FRIDAY · Middle Eastern — Chicken Shawarma

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: Korean Tofu Soup (from Thursday)

Thursday's tofu soup reheated — bring gently to a simmer on the stovetop and crack in a fresh egg if desired. The broth deepens overnight. Add fresh scallion to finish

■ HER

Thu Korean tofu soup reheated, fresh scallion, extra gochugaru if desired

280 kcal

■ HIM

Thu Korean tofu soup reheated, fresh egg cracked in, scallion

390 kcal

■ Snack

Chobani Greek Yogurt with Mixed Berries & Honey

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

■ HER

½ cup Chobani non-fat, ½ cup mixed berries, ½ tsp honey

160 kcal

■ HIM

¾ cup Chobani non-fat, ¾ cup mixed berries, 1 tsp honey

240 kcal

■ Dinner

■ Chicken Shawarma Wraps in Whole Wheat Pita

Chicken breast marinated in cumin, turmeric, smoked paprika, garlic, lemon, olive oil — grilled or pan-seared. Stuffed into WW pita with crisp romaine, tomato, cucumber, red onion. TAHINI-YOGURT SAUCE (your recipe): ½ cup Chobani non-fat, 1 tbsp lemon juice, 1 tbsp tahini, 1 tsp minced garlic, ¼ tsp cumin, ¼ tsp salt — whisk together

■ HER

4oz shawarma chicken, 1 small WW pita, romaine, tomato, cucumber, tahini-yogurt sauce

420 kcal

■ HIM

6oz shawarma chicken, 1 large WW pita, full veg, generous tahini-yogurt sauce

620 kcal

■ **Cook tonight: Chicken Shawarma — make DOUBLE chicken. Pack Saturday lunch containers before eating. Cold shawarma in a fresh pita is excellent.**

Daily Totals

■ Her: 1,170 kcal

■ His: 1,720 kcal

SATURDAY · Moroccan — Spiced Beef over Couscous

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

■ Breakfast

French Toast with Chobani Greek Yogurt & Strawberries

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

■ HER

2 slices WW French toast, ¼ cup Chobani non-fat, ½ cup strawberries

320 kcal

■ HIM

3 slices WW French toast, ½ cup Chobani non-fat, ¾ cup strawberries, honey

490 kcal

■■ Lunch

■■ Leftover: Chicken Shawarma Wrap (from Friday)

Friday's shawarma chicken in a fresh WW pita with tahini-yogurt sauce — even better the next day as the marinade deepens. Add fresh lemon squeeze and extra cucumber to refresh

■ HER

Fri shawarma chicken in fresh WW pita, tahini-yogurt sauce, lemon squeeze

390 kcal

■ HIM

Fri shawarma chicken in fresh WW pita, extra sauce, cucumber, lemon

580 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

■ Moroccan Spiced Beef Bowl over Whole Wheat Couscous

RAS EL HANOUT HOME BLEND: 1 tsp cumin + 1 tsp coriander + ½ tsp cinnamon + ½ tsp ginger + ¼ tsp turmeric + ½ tsp smoked paprika + ¼ tsp black pepper + pinch cayenne + pinch nutmeg. Mix together (makes ~1.5 tbsp). MARINADE: thinly sliced sirloin + 1 tbsp ras el hanout blend + 1 tbsp olive oil + 1 tbsp lemon juice + 1 tsp honey + 1 tsp minced garlic + pinch salt — marinate 30 min+. Pan sear HIGH heat — cinnamon and honey caramelize beautifully. COUSCOUS: 1:1 boiling water, fluff with fork after 5 min. Finish with lemon, fresh cilantro. Optional: few raisins stirred into couscous for classic Moroccan sweet-savory contrast

■ HER

4oz Moroccan spiced sirloin, ½ cup WW couscous, cilantro, lemon

420 kcal

■ HIM

6oz Moroccan spiced sirloin, ¾ cup WW couscous, cilantro, lemon, optional raisins

610 kcal

■ **Cook tonight: Moroccan Beef — make DOUBLE. Pack Sunday lunch containers before eating. The ras el hanout blend is made from your existing spice rack — no special shopping needed.**

Daily Totals

■ Her: 1,260 kcal

■ His: 1,880 kcal

Father's Day Week — Big Flavours All Week Long

■ Heavy sirloin week — buy in bulk · 1 rice night · Ras el hanout made from your spice rack

■ Orange border = leftover · ■ Green = Father's Day · ■ Rust = Italian · ■ Purple = Korean · ■ Gold = Moroccan

■ Proteins & Seafood · NOTE: heavy sirloin week — see quantities carefully

■ Sirloin steak (various uses) <i>Sun kabobs 5 lbs + Mon pizza-dilla ½ lb + Thu Korean soup 1 lb + Sat Moroccan 1.5 lbs — buy in bulk</i>	~8 lbs total	■ Lean Italian turkey sausage ■ Tue baked ziti — replaces pork sausage	1 lb
■ Large shrimp (peeled, deveined) ■ Wed fra diavolo + Thu leftover — DOUBLE	~2.5 lbs	■ Chicken breast (boneless, skinless) <i>Fri shawarma + Sat leftover — DOUBLE</i>	~2 lbs
■ Lean ground pork <i>Thu savory congee breakfast</i>	~½ lb	■ Lean ham (diced, deli) <i>Wed spinach ham scramble breakfast</i>	~¼ lb
■ Extra soft / silken tofu (sundubu) ■ Thu Korean tofu soup — 1 pkg dinner, extra for Fri leftover	2 × 12oz packages	■ Eggs (large) <i>All week — scrambles, poached, soup, French toast</i>	2 dozen
■ Whey/vanilla protein powder <i>Tue overnight oats, Fri smoothie</i>	1 container		

■ Produce & Vegetables

■ Baby spinach <i>Wed scramble breakfast, Tue baked ziti</i>	1 × 5oz bag	■ Baby arugula / mixed greens <i>Mon kabob leftover bowl, Tue & Wed baked ziti side</i>	1 × 5oz bag
■ Cherry tomatoes <i>Mon avocado toast, Mon kabob bowl, Tue baked ziti, Sun salad</i>	2 pints	■ Cremini mushrooms <i>Mon pizza-dilla, Thu Korean soup, Tue baked ziti</i>	3 × 8oz packs
■ Broccoli (3 large crowns) ■ Sun Father's Day broccoli cheese casserole	3 crowns	■ Bell peppers (red) <i>Sun kabobs, Wed scramble</i>	3
■ Red onion (large) <i>Sun kabobs, Mon kabob bowl, Fri shawarma</i>	3	■ Button mushrooms (whole) <i>Sun beef kabobs on skewers</i>	1 lb
■ Cucumber (large) <i>Sun salad, Fri shawarma, Sat leftover, Thu Korean</i>	4	■ Baby carrots <i>Sat hummus snack</i>	1 × 1 lb bag
■ Celery (bunch) <i>Sat hummus snack</i>	1	■ Avocado <i>Mon avocado toast</i>	2
■ Scallions / green onions <i>Thu Korean soup, Thu congee</i>	2 bunches	■ Ginger (fresh knob) <i>Thu Korean soup, Thu congee</i>	1 large
■ Garlic (fresh) <i>All week — pizza-dilla, fra diavolo, shawarma, Moroccan, Korean</i>	3 heads	■ Fresh basil (large bunch) <i>Tue baked ziti, Wed fra diavolo + Thu leftover</i>	2 bunches

■ Fresh cilantro <i>Sat Moroccan beef couscous, Fri shawarma optional</i>	1 bunch	■ Fresh lemon <i>Mon kabob bowl vinaigrette, Fri shawarma sauce, Sat Moroccan, Wed fra diavolo</i>	5
■ Lime <i>Fri smoothie optional</i>	1	■ Banana <i>Fri mango smoothie</i>	2
■ Mango (frozen) <i>Tue overnight oats, Fri smoothie</i>	1 × 12oz bag	■ Apple (medium + large) <i>Mon snack</i>	2+2
■ Blueberries (fresh) <i>Sun yogurt parfait</i>	1 pint	■ Mixed berries (fresh/frozen) <i>Fri yogurt snack</i>	1 × 12oz bag
■ Strawberries (fresh) <i>Sat French toast</i>	1 pint	■ Red grapes (small bunch) <i>Sun mixed nuts snack</i>	1 bunch
■ Mandarin oranges (small) <i>Tue snack</i>	7	■ Peach (fresh or canned in juice) <i>Wed cottage cheese snack</i>	2
■ Onion (yellow) <i>Tue baked ziti, Wed fra diavolo</i>	2	■ Spinach (4 cups for baked ziti) <i>Tue baked ziti needs 4 cups — buy second 5oz bag</i>	extra bag
■ Romaine lettuce <i>Fri shawarma, Sat leftover</i>	1 head	■ Tomatoes (medium) <i>Fri shawarma wrap</i>	3

■ Dairy & Refrigerated			
■ Chobani non-fat plain Greek yogurt <i>Sun parfait, Fri shawarma tahini sauce, Fri snack, Sat French toast topping — generous use this week</i>	2 × 32oz tubs	■ Low-fat cottage cheese <i>Wed snack</i>	1 × 16oz container
■ Low-fat feta (crumbled) <i>Wed spinach ham scramble</i>	1 small container	■ Reduced-fat cheddar cheese (sliced) ■ Sun Father's Day broccoli casserole — diet amount	2oz
■ Part-skim mozzarella (shredded) <i>Mon pizza-dilla (3oz) + Tue baked ziti (1.5 cups)</i>	1 × 8oz bag	■ Goat cheese (soft) <i>Tue baked ziti — your standard substitution</i>	8oz
■ Low-fat cream cheese <i>Tue baked ziti — smooths the goat cheese texture</i>	4oz	■ Parmesan (freshly grated wedge) <i>Tue baked ziti (½ cup), Mon pizza-dilla finish</i>	1 wedge
■ Tahini (sesame seed paste) <i>Fri chicken shawarma tahini-yogurt sauce</i>	1 jar	■ Unsalted butter (small) <i>Sun mashed potatoes (1 tbsp only), Mon pizza-dilla (½ tbsp)</i>	1 stick
■ Unsweetened almond milk <i>Tue overnight oats, Fri smoothie, Sat French toast</i>	1 × half-gallon	■ Low-sodium chicken broth ■ Thu Korean tofu soup (4 cups), Sun lighter mashed potatoes, Thu congee	2 × 32oz cartons
■ Low-sodium marinara sauce (jar) <i>Mon pizza-dilla dipping sauce</i>	1 × 24oz jar	■ Crushed tomatoes (canned) <i>Wed shrimp fra diavolo + Thu leftover</i>	2 × 28oz cans
■ Dry white wine <i>Wed fra diavolo sauce</i>	1 bottle	■ Red wine (½ cup) <i>Tue baked ziti — deglaze</i>	1 bottle
■ Hummus (roasted garlic) <i>Sat snack</i>	1 × 10oz tub	■ Mixed nuts <i>Sun snack</i>	1 small bag

■ Grains, Pasta & Bread

■ Whole wheat penne pasta ■ ■ Tue baked ziti	1 lb box	■ Whole wheat linguine ■ Wed fra diavolo + Thu leftover — DOUBLE	1 × 12oz box
■ Whole wheat couscous Sat Moroccan beef bowl + Sun leftover	1 × 12oz box	■ Whole wheat pita (small + large) Fri shawarma + Sat leftover	1 pack each
■ Whole wheat tortillas (8-inch) Mon pizza-dillas — DOUBLE filling	1 pack (8)	■ Whole wheat bread (sliced loaf) Mon avocado toast, Wed scramble toast, Sat French toast	1 loaf
■ French baguette ■ Sun Father's Day dipping bread — regular baguette, special occasion	1 loaf	■ Jasmine rice Thu Korean tofu soup side (rice night 1), Thu congee	1 × 2 lb bag
■ Rolled oats Tue overnight oats	1 × 42oz canister	■ Chia seeds Sun parfait, Tue overnight oats	1 bag
■ Low-sugar granola Sun yogurt parfait	1 small bag	■ Natural peanut butter Mon apple snack, Fri smoothie	1 jar
■ Wooden skewers ■ Sun beef kabobs — soak 20–30 min before grilling	1 pack	■ Pickled mustard greens / zha cai Thu congee breakfast	1 small jar

■ Sauces, Condiments & Pantry

■ Low-sodium soy sauce Sun kabob marinade, Thu Korean soup, general	1 large bottle	■ Fish sauce / anchovy sauce ■ Thu Korean tofu soup — 1 tbsp, key ingredient	1 small bottle
■ Gochugaru (Korean red chili flakes) ■ Thu Korean tofu soup — 1 to 3 tsp to taste	1 small bag	■ Sesame oil (toasted) Thu Korean soup, Thu congee	1 bottle
■ Worcestershire sauce Sun kabob marinade (¼ cup), Mon pizza-dilla note	1 bottle	■ Extra virgin olive oil Sun kabob marinade (3 tbsp reduced), Sat Moroccan, Wed fra diavolo	1 bottle
■ Balsamic glaze ■ Sun Father's Day baguette dipping — balsamic glaze (thicker, sweeter than vinegar)	1 small bottle	■ Crushed red pepper flakes Wed fra diavolo — key ingredient	1 jar
■ Italian seasoning Sun kabob marinade	1 jar	■ Hot sauce Sun kabob marinade (dash), Thu Korean soup	1 bottle
■ Garlic powder Sun kabob marinade, Sun broccoli casserole	1 jar	■ Cumin (ground) Fri shawarma marinade, Fri tahini sauce, Sat ras el hanout blend	1 jar
■ Coriander (ground) Sat ras el hanout home blend	1 jar	■ Cinnamon (ground) Sat ras el hanout home blend	1 jar
■ Smoked paprika Fri shawarma, Sat ras el hanout blend	1 jar	■ Turmeric (ground) Fri shawarma, Sat ras el hanout blend	1 jar
■ Ground ginger Sat ras el hanout blend	1 small jar	■ Nutmeg (ground) Sat ras el hanout blend — just a pinch	1 small jar
■ Cayenne pepper Sat ras el hanout blend — to taste	1 small jar	■ Black pepper (coarse) Sun kabobs — season generously	stocked

■ Sea salt (kosher) <i>All week</i>	stocked	■ Honey (raw) <i>Sun parfait, Fri yogurt snack, Sat Moroccan marinade</i>	1 jar
■ Everything bagel seasoning <i>Mon avocado toast</i>	1 small jar	■ Raisins (small box, optional) <i>Sat Moroccan couscous — classic sweet-savoury contrast</i>	1 small box
■ Meat thermometer (if needed) <i>Sun kabobs — pull at 125F internal</i>	1		

■ Supplements & Household			
■ Whey protein powder (shared) <i>Tue overnight oats, Fri 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>Zero-cal soda substitute</i>	24-pack
■ Green tea bags (shared) <i>Metabolism support</i>	1 box	■ Glass meal prep containers <i>Label HER / HIM + day — same system</i>	Set of 14
■ Aluminium foil <i>Sun kabob resting tent, Tue baked ziti reheating</i>	1 roll	■ Resealable plastic bags (large) <i>Sun kabob marinade — double bag</i>	1 box
■ Wooden skewers <i>Sun beef kabobs — soak 20–30 min before grilling</i>	1 pack		

Week 13 Tips	Kabobs: marinate 8–24 hrs, pull at 125F, rest 5 min — don't skip the rest · Baked ziti: rest 15 min before cutting for clean slices · Korean soup: low-sodium broth is essential here — regular broth will be very salty · Moroccan beef: sear on very HIGH heat — honey + cinnamon caramelize fast, don't crowd the pan · Ras el hanout: mix the 9 spices in a small bowl Sunday night so it's ready Saturday
---------------------	--