

Seven Cuisines. One Great Week.

■ Bolognese · ■ Cashew Chicken · ■ Honey Salmon · ■ Fajitas · ■ Chinese Feast · ■ Thai Basil

■ HER

Goal: Lose 40 lbs

~1,220–1,340 cal/day

Smaller portions · ~110g protein/day

■ HIM

Goal: Lose 50 lbs · Age 52

~1,770–1,960 cal/day

Larger portions · ~150g protein/day

■ **Friday Feast Note:** Hong Shao wings are cooked skin-on — that is the dish. His portion reduced from 5 to 4 wings to account for skin calories alongside the lamb chops. Friday runs higher than a regular night — that is intentional. ■ **Thai Basil Chicken:** Smoking-hot wok is non-negotiable — medium heat produces steamed chicken, not Thai basil chicken. ■ **Cashew Chicken:** ½ cup cashews not 1 cup — the full cup nearly doubles the dish's calories. ■ **Costco bird:** 1 bird covers Thursday dinner + Friday leftover lunch for 2. **Consult your doctor before starting any new diet plan.**

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

Sun	■■ Turkey Bolognese + WW Pasta	→	Mon	Bolognese pasta reheated
Mon	■ Cashew Chicken + Brown Rice	→	Tue	Cashew chicken rice bowl
Tue	■ Honey Garlic Salmon + Brussels	→	Wed	Cold salmon over greens
Wed	■ Steak Fajitas (WW tortillas)	→	Thu	Fajita filling in fresh tortilla
Thu	■ Ginger-Scallion Chicken Bowl	→	Fri	Ginger-scallion bowl reheated
Fri	■ Hong Shao Wings + Lamb Chops	→	Sat	Cold Chinese feast — wings & lamb
Sat	■ Thai Basil Chicken + WW Couscous	→	Sun	Thai basil chicken couscous bowl

Weekly Overview

Day	Dinner	■■ Next day lunch	■ Cal	■ Cal
Sun	Turkey Bolognese over Whole Wheat Pasta	→ Turkey Bolognese Pasta	1,300	1,870
Mon	Cashew Chicken Stir-Fry over Brown Rice	→ Cashew Chicken Rice Bowl	1,270	1,910
Tue	Honey Garlic Glazed Salmon	→ Honey Garlic Salmon Bowl	1,300	1,920
Wed	Steak Fajitas in Whole Wheat Tortillas	→ Steak Fajita Bowl	1,340	1,960

Thu	Ginger-Scallion Rotisserie Chicken Rice Bowl	→ <i>Ginger-Scallion Chicken Bowl</i>	1,220	1,770
Fri	Hong Shao Red-Braised Chicken Wings (Skin On)	→ <i>Cold Hong Shao Wings + Lamb Chops</i>	1,520	2,150
Sat	Thai Basil Chicken (Pad Krapao) over Whole Wheat C	→ <i>Thai Basil Chicken Couscous Bowl</i>	1,220	1,840

SUNDAY · ■■ Italian — Turkey Bolognese

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

■ Breakfast

Blueberry Yogurt Parfait with Granola & Chia Seeds

Chobani non-fat Greek yogurt, fresh blueberries, low-sugar granola and chia seeds. Stir chia into yogurt and rest 10 minutes first 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

■■ Leftover: Thai Basil Chicken Couscous Bowl (from Saturday)

Saturday's thai basil chicken reheated over leftover WW couscous — the basil and garlic intensify overnight. Add a squeeze of lime and fresh cilantro to refresh

■ HER

Sat thai basil chicken over WW couscous, lime, fresh cilantro

370 kcal

■ HIM

Sat thai basil chicken over WW couscous, extra sauce, lime, cilantro

550 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

■■ Turkey Bolognese over Whole Wheat Pasta

SOFFRITTO: 1 tbsp olive oil, diced onion, carrot, celery, garlic — sauté 8 min until soft. MEAT: 1 lb lean ground turkey, cook until browned. DEGLAZE: ½ cup red wine, cook 3 min. SAUCE: 2 × 28oz crushed tomatoes, fresh basil, pinch of nutmeg, salt, pepper — simmer 30 min minimum (longer = richer). Finish with ½ cup grated Parmesan stirred through. Serve over WW rigatoni or penne

■ HER

¾ cup WW pasta, generous turkey bolognese, 1 tbsp Parmesan

480 kcal

■ HIM

1 cup WW pasta, generous turkey bolognese, 2 tbsp Parmesan, extra sauce

700 kcal

■■ Cook tonight: Turkey Bolognese — make a BIG BATCH. The sauce only gets better overnight. Pack Monday lunch containers before eating.

Daily Totals

■ Her: 1,300 kcal

■ His: 1,870 kcal

MONDAY · Chinese — Cashew Chicken

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: Turkey Bolognese Pasta (from Sunday)

Sunday's turkey bolognese reheated — cover and warm at 350F for 12 min, or microwave 2 min with damp paper towel. The meat sauce deepens overnight. Top with fresh Parmesan

■ HER

Sun turkey bolognese, WW pasta reheated, fresh Parmesan

450 kcal

■ HIM

Sun turkey bolognese, WW pasta, extra sauce + fresh Parmesan

660 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

■ Cashew Chicken Stir-Fry over Brown Rice

SAUCE: 1 tbsp cornstarch + 3 tbsp low-sodium soy + 1½ tbsp Shaoxing wine + 2 tbsp low-sodium oyster sauce + 2 tsp sesame oil + white pepper — whisk smooth. MARINATE: coat chicken in 2 tbsp sauce, 10+ min. COOK: 1 tbsp oil (not 2) in HOT wok, garlic + onion 1 min, chicken 2 min, bell pepper 1 min, add sauce + 6 tbsp water, simmer 1 min until thickened. CASHEWS: toast ½ cup (not 1 full cup) in dry skillet 3–5 min — stir through at end. Serve over brown rice

■ HER

4oz chicken thigh, veg, sauce, 1 tbsp cashews, ½ cup brown rice

380 kcal

■ HIM

6oz chicken thigh, generous veg, sauce, 1.5 tbsp cashews, ¾ cup brown rice

560 kcal

■ Cook tonight: Cashew Chicken — make DOUBLE. Rice night 1 of 2 ✓. Pack Tuesday lunch containers before eating.

Daily Totals

■ Her: 1,270 kcal

■ His: 1,910 kcal

TUESDAY · American — Honey Garlic Salmon

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

■ Breakfast

■ Overnight Oats with Banana, Peanut Butter & Chia

Rolled oats soaked overnight in almond milk with vanilla protein powder, sliced banana, natural peanut butter, chia seeds and a drizzle of honey. Prep Monday night — grab from fridge and go

■ HER

1/3 cup oats, 1 scoop protein, ½ banana, 1 tbsp PB, chia seeds

330 kcal

■ HIM

½ cup oats, 1.5 scoops protein, 1 banana, 1.5 tbsp PB, chia, honey

500 kcal

■■ Lunch

■■ Leftover: Cashew Chicken Rice Bowl (from Monday)

Monday's cashew chicken reheated in a hot pan with a splash of water to loosen the sauce. Serve over leftover brown rice. Even better the next day as the sauce thickens. Add extra scallion

■ HER

Mon cashew chicken over brown rice, extra scallion

350 kcal

■ HIM

Mon cashew chicken over brown rice, extra sauce + scallion

530 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 berries, 1 tsp honey

240 kcal

■ Dinner

■ Honey Garlic Glazed Salmon + Air Fryer Brussels Sprouts with Bacon

GLAZE: 2 tbsp honey + 2 tbsp low-sodium soy + 1 tbsp minced garlic + squeeze of lemon — whisk together. SALMON: pan sear skin-side down 3 min in light cooking spray, flip, baste generously with glaze, finish in oven 5 min at 400F until caramelised. BRUSSELS (diet-modified recipe): halve sprouts cut-side down in air fryer, 1 tbsp olive oil, ½ tsp garlic parsley salt, 2 tbsp Parmesan — 390F 12 min, shake at 6 min, add 3 tbsp centre-cut precooked bacon, 5 more min

■ HER

5oz honey garlic salmon, generous air fryer Brussels with bacon + Parmesan

460 kcal

■ HIM

7oz honey garlic salmon, generous air fryer Brussels with bacon + Parmesan

650 kcal

■ Cook tonight: Honey Garlic Salmon + Brussels Sprouts — make DOUBLE salmon. Pack Wednesday lunch containers before eating. Store glaze separately.

Daily Totals

■ Her: 1,300 kcal

■ His: 1,920 kcal

WEDNESDAY · American Tex-Mex — Steak Fajitas

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. 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: Honey Garlic Salmon Bowl (from Tuesday)

Tuesday's salmon flaked cold over baby greens with cherry tomatoes, cucumber and a light lemon vinaigrette. Cold honey garlic salmon over greens is outstanding. Zero cooking

■ HER

Tue salmon flaked cold over baby greens, tomatoes, lemon vinaigrette

420 kcal

■ HIM

Tue salmon flaked cold over greens, extra tomatoes + cucumber, vinaigrette

610 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

■ Steak Fajitas in Whole Wheat Tortillas

MARINADE: flank steak + cumin + smoked paprika + garlic powder + chili powder + lime juice + 1 tbsp olive oil — 30 min+. COOK: grill or cast iron HIGH heat 3–4 min per side. Rest 5 min, slice THIN against the grain. VEG: red + yellow + green bell pepper + red onion charred in same pan with light cooking spray. TOPPINGS: your homemade pico de gallo (Anaheim peppers) + Chobani Greek yogurt (sour cream sub) + small amount reduced-fat shredded Mexican cheese + fresh cilantro + lime wedge. Guacamole for him (¼ avocado mashed)

■ HER

4oz flank steak, 2 small WW tortillas, peppers, onion, pico, Greek yogurt

480 kcal

■ HIM

6oz flank steak, 2 large WW tortillas, peppers, onion, pico, guac, Greek yogurt

680 kcal

■ Cook tonight: Steak Fajitas — make DOUBLE steak & peppers. Pack Thursday lunch containers before eating. Store filling separate from tortillas — griddle fresh tomorrow.

Daily Totals

■ Her: 1,340 kcal

■ His: 1,960 kcal

THURSDAY · Chinese — Ginger-Scallion Chicken Bowl

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

■ 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: Steak Fajita Bowl (from Wednesday)

Wednesday's fajita steak + peppers warmed in a pan and wrapped in a fresh griddled WW tortilla — or served as a rice bowl if rice nights allow. Add fresh pico, lime and Greek yogurt crema

■ HER

Wed fajita steak + peppers in fresh WW tortilla, pico, Greek yogurt

390 kcal

■ HIM

Wed fajita steak + peppers in fresh WW tortilla, pico, guac, Greek yogurt

570 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

■ Ginger-Scallion Rotisserie Chicken Rice Bowl

Costco rotisserie chicken shredded (skin removed), warmed briefly in a pan. Served over steamed jasmine rice, drizzled generously with ginger-scallion sauce (fresh ginger + scallion + sesame oil + hot oil + pinch of salt — pour hot oil over ginger/scallion to bloom). Topped with sliced cucumber, shredded carrot, blanched bok choy

■ 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 Bowl — rice night 2 of 2 ✓. Make DOUBLE chicken & rice. Pack Friday lunch containers before eating.

Daily Totals

■ Her: 1,220 kcal

■ His: 1,770 kcal

FRIDAY · ■ Chinese Feast — Hong Shao Wings + Lamb Chops

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: Ginger-Scallion Chicken 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 extra sesame oil drizzle. 3-minute reheat

■ HER

Thu ginger-scallion bowl reheated, extra scallion, sesame oil

350 kcal

■ HIM

Thu ginger-scallion bowl reheated, extra sauce + sliced cucumber

530 kcal

■ Snack

Mixed Nuts + Red Grapes

Small handful of mixed almonds, cashews and walnuts with fresh red grapes — save room for tonight's feast

■ HER

10 mixed nuts, ½ cup red grapes

180 kcal

■ HIM

14 mixed nuts, ½ cup red grapes

230 kcal

■ Dinner

■ Hong Shao Red-Braised Chicken Wings (Skin On) + Air Fryer French Cut Lamb Chops

HONG SHAO WINGS: Sear wings until golden (both sides, ~4 min per side). Add low-sodium soy sauce, Shaoxing wine, fresh ginger slices, garlic, rock sugar (½ tsp), star anise, enough water to half-cover. Braise covered 30 min, uncover and reduce sauce until glossy and lacquered, ~10 min. LAMB CHOPS (wife's Chinese air fryer method, based on Xinjiang recipe): 1 tbsp peanut oil + 2 tbsp low-sodium soy + 2 tbsp Shaoxing wine + cumin powder + chili powder + ¼ tsp salt — marinate 30 min+. Air fry 400F 8 min, flip, 4–5 more min. Rest 3 min. SERVE TOGETHER: WW noodles + blanched bok choy as shared side. TIMING: start wings first (40 min total), air fry lamb in last 15 min

■ HER

3 Hong Shao wings (skin on), 1–2 lamb chops, ½ cup WW noodles, bok choy

680 kcal

■ HIM

4 Hong Shao wings (skin on — reduced from 5 to account for skin calories), 2 lamb chops, ¾ cup WW noodles, bok choy

920 kcal

■ Chinese Feast tonight — Friday runs higher than usual, that is the point. Start Hong Shao wings first (40 min). Air fry lamb in last 15 minutes. Make EXTRA of both — Saturday lunch is cold Chinese feast leftovers.

Daily Totals

■ Her: 1,520 kcal

■ His: 2,150 kcal

SATURDAY · Thai — Basil Chicken over WW 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 sliced 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: Cold Hong Shao Wings + Lamb Chops (from Friday)

Friday's Chinese feast leftovers — cold Hong Shao wings are excellent (the lacquered sauce sets even better cold) and the Xinjiang-spiced lamb chops are wonderful at room temperature. Add sliced cucumber and a drizzle of chili oil

■ HER

Fri Hong Shao wing + lamb chop, sliced cucumber, chili oil drizzle

380 kcal

■ HIM

Fri Hong Shao wings + lamb chops, cucumber, chili oil, scallion

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

■ Thai Basil Chicken (Pad Krapao) over Whole Wheat Couscous

NEW DISH: Heat wok or heavy pan to VERY HIGH heat — this dish needs smoking-hot heat. 1 tbsp oil, 5–6 garlic cloves minced + 1–2 fresh Thai chili or serrano sliced — stir 30 sec. Add 1 lb ground chicken (or chopped chicken breast), cook undisturbed 90 sec to get a char, then stir-break apart. SAUCE: 1.5 tbsp low-sodium oyster sauce + 1 tbsp fish sauce + 1 tbsp low-sodium soy + 1 tsp sugar — add and toss 1 min. REMOVE FROM HEAT, add generous handful of fresh Thai basil (or regular basil) and stir through — the basil wilts in the residual heat. Serve over WW couscous (1:1 boiling water, fluff 5 min)

■ HER

4oz Thai basil chicken, ½ cup WW couscous, extra basil

390 kcal

■ HIM

6oz Thai basil chicken, ¾ cup WW couscous, extra basil + chili slices

570 kcal

■ **Cook tonight: Thai Basil Chicken — make DOUBLE. KEY: smoking hot wok is non-negotiable for authentic flavour. Pack Sunday lunch containers before eating.**

Daily Totals

■ Her: 1,220 kcal

■ His: 1,840 kcal

Seven Cuisines. One Shopping Trip.

2 rice nights · 1 Costco rotisserie · Friday feast night · All dinners doubled

■ Orange = leftover · ■ Rust = Italian · ■ Tan = Tex-Mex · ■ Gold = Chinese Feast · ■ Green = Thai

■ Proteins & Seafood · dinner quantities doubled for leftovers

■ Chicken wings (whole) <i>■ Fri Hong Shao — skin ON (her 3 wings + his 4 wings dinner + Sat leftover lunch)</i>	~3 lbs	■ French cut lamb chops (frenched rack) <i>■ Fri air fryer Chinese style + Sat leftover — buy from butcher or Costco</i>	~2 lbs
■ Costco rotisserie chicken <i>■ Thu ginger-scallion bowl + Fri leftover lunch — remove skin, shred warm</i>	1 whole bird	■ Salmon fillet <i>■ Tue honey garlic glazed + Wed leftover — DOUBLE</i>	2 pieces (5oz + 7oz)
■ Lean ground turkey <i>■ Sun turkey bolognese + Mon leftover — big batch</i>	1.5 lbs	■ Chicken thigh (boneless, skinless) <i>■ Mon cashew chicken + Tue leftover — DOUBLE</i>	~2 lbs
■ Lean flank steak <i>■ Wed steak fajitas + Thu leftover — DOUBLE</i>	~2 lbs	■ Ground chicken (or chicken breast, finely chopped) <i>■ Sat thai basil chicken + Sun leftover — DOUBLE</i>	~2 lbs
■ Lean ground pork <i>Thu savory congee breakfast</i>	~½ lb	■ Centre-cut bacon (precooked) <i>■ Tue air fryer Brussels sprouts</i>	1 small pack
■ Lean ham (diced, deli) <i>Wed spinach ham scramble breakfast</i>	~¼ lb	■ Eggs (large) <i>All week — scrambles, poached, congee, French toast</i>	2 dozen
■ Whey/vanilla protein powder <i>Tue overnight oats, Fri smoothie</i>	1 container		

■ Produce & Vegetables

■ Brussels sprouts (fresh) <i>■ Tue air fryer with bacon — halve for best air fryer texture</i>	2 lbs	■ Baby bok choy <i>Fri Hong Shao wings side, Thu ginger-scallion bowl</i>	2 bags
■ Baby spinach <i>Wed ham scramble, Sun bolognese</i>	1 × 5oz bag	■ Baby arugula or mixed greens <i>Wed salmon leftover bowl</i>	1 × 5oz bag
■ Bell peppers (red, yellow, green) <i>■ Wed fajita veg DOUBLE, Mon cashew chicken</i>	5	■ Cremini mushrooms <i>Wed ham scramble breakfast</i>	1 × 8oz pack
■ Cherry tomatoes <i>Mon avocado toast, Wed salmon leftover</i>	1 pint	■ Cucumber (large) <i>Thu ginger-scallion bowl, Fri feast + Sat leftover, Wed fajita pico</i>	4
■ Shredded carrots (bag) <i>Thu ginger-scallion bowl</i>	1 × 10oz	■ Celery (bunch) <i>Sat hummus snack, Sun bolognese soffritto</i>	1
■ Carrot (medium) <i>Sun turkey bolognese soffritto</i>	2	■ Onion (yellow) <i>Sun bolognese, Mon cashew chicken, Wed fajitas</i>	3

■ Red onion ■ <i>Wed fajita filling DOUBLE, Sat fajita leftover</i>	2	■ Avocado ■ <i>Wed guacamole for him</i>	1
■ Scallions / green onions <i>Thu congee, Thu ginger-scallion sauce, Fri wings</i>	2 bunches	■ Ginger (fresh large knob) <i>Fri Hong Shao wings, Thu ginger-scallion sauce, Thu congee</i>	2 knobs
■ Garlic (fresh) <i>All week — bolognese, cashew chicken, honey salmon, fajitas, Thai basil</i>	3 heads	■ Fresh Thai basil or regular basil ■ <i>Sat thai basil chicken — generous amount needed + Sun leftover</i>	2 large bunches
■ Fresh basil (for bolognese) <i>Sun turkey bolognese</i>	1 bunch	■ Fresh cilantro ■ <i>Wed fajitas, Sat ginger-scallion refresh</i>	1 bunch
■ Lemon <i>Mon avocado toast, Tue honey garlic salmon glaze, Wed salmon leftover</i>	4	■ Lime ■ <i>Wed fajita marinade + pico, Sat thai basil chicken</i>	3
■ Banana <i>Tue overnight oats</i>	3	■ Mango (frozen) <i>Fri protein 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>Tue yogurt snack</i>	1 × 12oz bag	■ Strawberries (fresh) <i>Sat French toast topping</i>	1 pint
■ Red grapes (small bunch) <i>Fri mixed nuts snack</i>	1 bunch	■ Mandarin oranges (small) <i>Sun snack</i>	7
■ Peach (fresh or canned in juice) <i>Wed snack</i>	2	■ Anaheim peppers (for pico de gallo) ■ <i>Wed fajita pico — your recipe</i>	2
■ Tomatoes (medium, for pico) ■ <i>Wed fajita pico de gallo</i>	3		

■ Dairy & Refrigerated

■ Chobani non-fat plain Greek yogurt <i>Sun parfait, Tue snack, Wed fajita sour cream sub, Sat French toast — 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 ham scramble</i>	1 small container	■ Reduced-fat Mexican cheese blend (shredded) ■ <i>Wed steak fajitas</i>	1 × 8oz bag
■ Parmesan (freshly grated wedge) <i>Sun turkey bolognese + Mon leftover, Tue Brussels sprouts</i>	1 wedge	■ Unsalted butter <i>Sun bolognese (optional enricher)</i>	small amount
■ Unsweetened almond milk <i>Tue overnight oats, Fri smoothie, Sat French toast</i>	1 × half-gallon	■ Low-sodium chicken broth <i>Thu congee, Fri Hong Shao wings braising liquid option</i>	1 × 32oz carton
■ Red wine (½ cup for bolognese) <i>Sun turkey bolognese — Chianti or similar</i>	1 bottle	■ Crushed tomatoes (canned) <i>Sun turkey bolognese — big batch needs 2 cans</i>	2 × 28oz cans
■ Hummus (roasted garlic) <i>Sat celery + carrot snack</i>	1 × 10oz tub	■ Mixed nuts <i>Fri mixed nuts + grapes snack</i>	1 small bag

■ Peanut butter (natural) <i>Tue overnight oats, Fri smoothie, Mon snack</i>	1 jar
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■ Grains, Pasta & Bread

■ Whole wheat rigatoni or penne ■ Sun turkey bolognese + Mon leftover — big batch	1 × 12oz box	■ Whole wheat tortillas (small + large) ■ Wed steak fajitas DOUBLE + Thu leftover	1 pack each
■ Whole wheat couscous ■ Sat thai basil chicken + Sun leftover — DOUBLE	1 × 12oz box	■ Whole wheat noodles (or spaghetti) <i>Fri Hong Shao wings & lamb chops side</i>	1 × 12oz box
■ Brown rice ■ Mon cashew chicken + Tue leftover — rice night 1	1 × 2 lb bag	■ Jasmine rice <i>Thu ginger-scallion + Fri leftover — rice night 2; Thu congee</i>	1 × 2 lb bag
■ Whole wheat bread (sliced loaf) <i>Mon avocado toast, Wed ham scramble toast, Sat French toast</i>	1 loaf	■ Rolled oats <i>Tue overnight oats</i>	1 × 42oz canister
■ Chia seeds <i>Sun parfait, Tue overnight oats</i>	1 bag	■ Low-sugar granola <i>Sun yogurt parfait</i>	1 small bag
■ Whole wheat English muffins (optional) <i>Backup breakfast option</i>	1 pack	■ Cornstarch ■ Mon cashew chicken sauce	1 small box
■ Pickled mustard greens / zha cai <i>Thu congee breakfast</i>	1 small jar		

■ Sauces, Condiments & Pantry

■ Low-sodium soy sauce <i>Mon cashew chicken, Thu ginger-scallion, Fri wings & lamb, Sat thai basil</i>	1 large bottle	■ Low-sodium oyster sauce <i>Mon cashew chicken, Sat thai basil chicken</i>	1 bottle
■ Shaoxing Chinese cooking wine <i>Fri Hong Shao wings, Fri lamb chop marinade, Mon cashew chicken</i>	1 bottle	■ Fish sauce ■ Sat thai basil chicken — 1 tbsp, key ingredient	1 small bottle
■ Sesame oil (toasted) <i>Mon cashew, Thu ginger-scallion sauce, Thu congee</i>	1 bottle	■ Rock sugar (small pack) <i>Fri Hong Shao wings — ½ tsp creates the lacquer</i>	1 small bag
■ Star anise <i>Fri Hong Shao wings braising</i>	1 small bag	■ Chili oil <i>Sat feast leftover, general Chinese dishes</i>	1 small jar
■ Peanut oil (or vegetable oil) <i>Fri Xinjiang lamb chop marinade</i>	1 bottle	■ Cumin powder + whole seeds <i>Fri Xinjiang-style lamb chops</i>	1 jar each
■ Chili powder <i>Fri lamb marinade, ■ Wed fajita marinade</i>	1 jar	■ Sichuan peppercorn powder (optional) <i>Fri lamb chops — optional numbing heat</i>	1 small bag
■ Smoked paprika ■ Wed fajita marinade	1 jar	■ Cumin (ground) ■ Wed fajita marinade, Fri lamb	1 jar
■ Garlic powder ■ Wed fajita marinade	1 jar	■ White pepper (ground) <i>Mon cashew chicken, Thu congee</i>	1 small jar
■ Everything bagel seasoning <i>Mon avocado toast</i>	1 small jar	■ Italian seasoning <i>Wed ham scramble</i>	1 jar

■ Fresh Thai chili or serrano pepper ■ Sat thai basil chicken — adjust to heat preference	4 fresh chilis	■ Honey (raw) Tue honey garlic salmon glaze, Tue + Sun yogurt snacks	1 jar
■ Sugar (small amount) ■ Sat thai basil chicken — just 1 tsp	stocked	■ Olive oil (extra virgin) Sun bolognese, Tue Brussels sprouts, Wed fajitas	1 bottle
■ Light cooking spray Tue salmon pan, Wed fajita veg, Sat French toast	1 can	■ Garlic parsley salt ■ Tue air fryer Brussels sprouts	1 jar

■ Supplements & Household			
■ Whey protein powder (shared) Tue overnight oats, Fri smoothie	1 container	■ Fish oil capsules — HIM Heart health & inflammation — age 52	1 bottle
■ Vitamin D3 — HIM Testosterone & bone density support	1 bottle	■ Magnesium glycinate — HIM Sleep quality & muscle recovery	1 bottle
■ Multivitamin — HER General micronutrient coverage	1 bottle	■ Sparkling water (shared) Zero-cal soda substitute	24-pack
■ Green tea bags (shared) Metabolism support	1 box	■ Glass meal prep containers Label HER / HIM + day — same system	Set of 14
■ Meat thermometer Fri lamb chops — check doneness	1	■ Aluminium foil Mon bolognese reheating, general	1 roll

Week 14 Tips	Bolognese: simmer minimum 30 min — 1 hour is better, the sauce sweetens as it cooks · Cashew chicken: ½ cup cashews only — toast dry in skillet first for depth · Honey garlic salmon: don't flip until it releases naturally from the pan · Hong Shao wings: reduce sauce uncovered until it coats a spoon and looks lacquered · Thai basil: add basil OFF heat — it wilts in residual warmth without turning black
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