

5 American/Italian, 2 Chinese — Vacation Week

■ Bolognese & Orzo · ■ Panini · ■ Onigirazu · ■ Scampi · ■ Baked Thighs · ■ Family Kung Pao

■ HER

Goal: Lose 40 lbs

~1,200–1,430 cal/day

Smaller portions · ~110g protein/day

■ HIM

Goal: Lose 50 lbs · Age 52

~1,750–2,050 cal/day

Larger portions · ~150g protein/day

🗓️ ■ **Vacation note:** Monday's panini is remade fresh Tuesday rather than eaten as a leftover — no reheating, just remake the same recipe. ■ **Onigirazu:** Single rice paper wrap, light cooking spray not pooled oil, ½ mayo / ½ Chobani non-fat sauce, chicken instead of tuna. ■ **Eggplant:** Scaled 1.5x for 5 people Saturday — salt/soak step is essential for texture, don't skip it. ■ **Grain nights:** Tue onigirazu (1 of 2), Sat kung pao + eggplant (2 of 2) — everything else is wheat. **Consult your doctor before starting any new diet plan.**

■ Self-Closing Leftover Loop

Sun	■ Turkey Bolognese + WW Pasta	→	Mon	Bolognese pasta reheated
Mon	■ Roast Beef Panini + Salad	→	Tue	Panini remade FRESH (vacation)
Tue	■ Chicken Onigirazu	→	Wed	Onigirazu re-crisped in pan
Wed	■ Shrimp Scampi + WW Linguine	→	Thu	Scampi reheated gently
Thu	■ Lemon Chicken Orzo	→	Fri	Orzo reheated with broth
Fri	■ Baked Chicken Thighs	→	Sat	Chicken sliced over greens
Sat	■ Kung Pao Shrimp + Eggplant	→	Sun	Closes the loop — next Sun lunch

Weekly Overview

Day	■ Breakfast	■ Dinner	■ Cal	■ Cal
Sun	Blueberry Yogurt Parfait with Granola & Chia	Turkey Bolognese over Whole Wheat Pasta	1,310	1,880
Mon	Avocado Toast with Poached Eggs	Roast Beef & Provolone Panini + Tomato Cucumbe	1,330	1,990
Tue	Overnight Oats with Banana, PB & Chia	Crispy Pan-Fried Chicken Onigirazu	1,270	1,810
Wed	Spinach, Mushroom & Ham Scramble	Garlic Butter Shrimp Scampi with Whole Wheat L	1,320	1,920

Thu	Savory Congee with Lean Pork	One-Pan Lemon Chicken Orzo	1,390	2,050
Fri	Mango Peanut Butter Protein Smoothie	Baked Chicken Thighs	1,340	1,970
Sat	Lox & Bagel with Hard-Boiled Egg	Kung Pao Shrimp + Chinese Eggplant with Garlic	1,430	2,030

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 min for a thicker 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, honey

450 kcal

■■ Lunch

■■ Leftover: Kung Pao Shrimp + Chinese Eggplant (from last Saturday)

Last Saturday's kung pao shrimp and Chinese eggplant reheated over fresh rice — closes the weekly loop. Add fresh scallion to refresh.

■ HER

Sat kung pao shrimp + eggplant, fresh rice, scallion

380 kcal

■ HIM

Sat kung pao shrimp + eggplant, fresh rice, extra sauce

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

■■ Turkey Bolognese over Whole Wheat Pasta

SOFFRITTO: 1 tbsp olive oil, diced onion, carrot, celery, garlic — sauté 8 min. MEAT: 1 lb lean ground turkey, browned. DEGLAZE: ½ cup red wine, 3 min. SAUCE: 2×28oz crushed tomatoes, fresh basil, pinch nutmeg, salt, pepper — simmer 30+ min. Finish with ½ cup Parmesan stirred through. Serve over WW pasta. Make a BIG BATCH — feeds dinner and Monday lunch.

■ HER

¾ cup WW pasta, generous bolognese, 1 tbsp Parmesan

480 kcal

■ HIM

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

700 kcal

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

Daily Totals

■ Her: 1,310 kcal

■ His: 1,880 kcal

MONDAY · ■ American — Panini Night

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, 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 bolognese reheated — cover and warm 350F 12 min, or microwave 2 min with damp paper towel. Top with fresh Parmesan.

■ HER

Sun bolognese, WW pasta reheated, fresh Parmesan

450 kcal

■ HIM

Sun bolognese, WW pasta, extra sauce + 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

■ Roast Beef & Provolone Panini + Tomato Cucumber Mozzarella Salad

PANINI: Ciabatta roll split, lean deli roast beef, provolone or fresh mozzarella, thin Dijon spread, arugula, roasted red pepper. Press on panini grill or grill pan with light cooking spray until golden and cheese melts. SALAD (modified): 1 lb Roma tomatoes chopped, 1 English cucumber sliced, 4oz fresh mozzarella (reduced from 6oz), sliced red onion, homemade dressing (2 tbsp olive oil + 1 tbsp red wine vinegar + ½ tsp Dijon + Italian herbs + salt/pepper) tossed just before serving.

■ HER

Smaller ciabatta portion, 2.5oz roast beef, 1 slice cheese, generous salad

440 kcal

■ HIM

Full ciabatta roll, 4oz roast beef, 1.5 slices cheese, generous salad

640 kcal

■ Make tonight: Panini + Salad. On vacation this week — Tuesday's panini will be remade fresh rather than eaten as leftovers.

Daily Totals

■ Her: 1,330 kcal

■ His: 1,990 kcal

TUESDAY · ■ Chinese/Japanese — Chicken Onigirazu

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, drizzle of honey. Prep Monday night — grab and go.

■ HER

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

330 kcal

■ HIM

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

500 kcal

■ Lunch

■ Roast Beef & Provolone Panini (Remade Fresh)

Same panini as Monday, made fresh rather than reheated — on vacation this week so there's time to remake it properly. Ciabatta, roast beef, provolone, Dijon, arugula, roasted red pepper.

■ HER

Smaller ciabatta portion, 2.5oz roast beef, 1 slice cheese

420 kcal

■ HIM

Full ciabatta roll, 4oz roast beef, 1.5 slices cheese

610 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

■ Crispy Pan-Fried Chicken Onigirazu (Modified)

SAUCE: 1.5 tbsp mayo + 1.5 tbsp Chobani non-fat Greek yogurt + 1 tsp Sriracha + salt/pepper. FILLING: shredded cooked chicken breast tossed in sauce, sliced avocado, cucumber strips, fried egg. Layer rice (2 cups, reduced from 3), nori, fillings on single-wrapped rice paper (not doubled). Fold into a square parcel, seal with a little water, sprinkle black sesame seeds. Pan fry in light cooking spray (not pooled oil), medium-high heat, sear all sides until golden and crispy. Slice in half to serve. Rice night 1 of 2.

■ HER

½ onigirazu — 1.5oz chicken, ¼ cup rice, ¼ avocado, ½ egg

350 kcal

■ HIM

1 full onigirazu — 3oz chicken, ■ cup rice, ½ avocado, 1 egg

480 kcal

■ Cook tonight: Chicken Onigirazu — rice night 1 of 2 ✓. Single rice paper wrap only, light cooking spray not pooled oil.

Daily Totals

■ Her: 1,270 kcal

■ His: 1,810 kcal

WEDNESDAY · ■ American/Italian — Shrimp Scampi

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. 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: Chicken Onigirazu (from Tuesday)

Tuesday's onigirazu reheated in a pan with light cooking spray to re-crisp the rice paper exterior — about 2 min per side. Excellent cold too if short on time.

■ HER

Tue onigirazu ½ portion, re-crisped

340 kcal

■ HIM

Tue onigirazu full portion, re-crisped

470 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

■ Garlic Butter Shrimp Scampi with Whole Wheat Linguine

Large shrimp sautéed in garlic, white wine, lemon and light butter, tossed with whole wheat linguine, fresh parsley and Parmesan. Cook DOUBLE — saves for Thursday lunch.

■ HER

5oz shrimp, ¾ cup WW linguine, garlic butter, Parmesan

510 kcal

■ HIM

8oz shrimp, 1 cup WW linguine, garlic butter, extra Parmesan

730 kcal

■ Cook tonight: Shrimp Scampi — make DOUBLE. Pack Thursday lunch containers before eating.

Daily Totals

■ Her: 1,320 kcal

■ His: 1,920 kcal

THURSDAY · ■■ Italian — Lemon Chicken Orzo

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 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, soft-boiled egg

420 kcal

■■ Lunch

■■ Leftover: Shrimp Scampi (from Wednesday)

Wednesday's scampi reheated gently with a splash of water or white wine to keep shrimp tender. Top with fresh parsley and lemon.

■ HER

Wed shrimp scampi linguine, fresh parsley, lemon

480 kcal

■ HIM

Wed shrimp scampi linguine, extra Parmesan + lemon

700 kcal

■ Snack

Smashed Cucumber with Sesame & Pumpkin Seeds

Smashed fresh cucumber with rice vinegar, sesame oil, garlic, chili flakes, sesame seeds, roasted pepitas

■ HER

1 large cucumber, dressing, 1 tbsp pepitas

110 kcal

■ HIM

1 large cucumber + 1 hard-boiled egg, 2 tbsp pepitas

190 kcal

■ Dinner

■■ One-Pan Lemon Chicken Orzo

Chicken breast, whole wheat orzo, baby spinach, cherry tomatoes, garlic, lemon zest & juice, low-sodium chicken broth, splash white wine, grated Parmesan — all cooked in one pan for deep flavour. Cook DOUBLE — saves for Friday lunch.

■ HER

4oz chicken, ½ cup orzo, spinach, Parmesan

520 kcal

■ HIM

6oz chicken, ¾ cup orzo, spinach, extra Parmesan

740 kcal

■■ Cook tonight: Lemon Chicken Orzo — make DOUBLE. Pack Friday lunch containers before eating.

Daily Totals

■ Her: 1,390 kcal

■ His: 2,050 kcal

FRIDAY · ■ American — Baked Chicken Thighs

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	■ HIM
½ cup frozen mango, 1 tbsp PB, 1 scoop protein, 1 cup almond milk	¾ cup frozen mango, 1.5 tbsp PB, 1.5 scoops protein, 1 cup almond milk
310 kcal	470 kcal

■■ Lunch

■■ Leftover: Lemon Chicken Orzo (from Thursday)

Thursday's lemon chicken orzo reheated with a small splash of broth to loosen — the lemon and Parmesan flavours stay bright the next day.

■ HER	■ HIM
Thu lemon chicken orzo reheated, splash of broth	Thu lemon chicken orzo, extra Parmesan + broth splash
490 kcal	710 kcal

■ Snack

Celery + Baby Carrots + Roasted Garlic Hummus

Fresh celery stalks and baby carrots with roasted garlic hummus

■ HER	■ HIM
4 celery, 8 carrots, 3 tbsp hummus	5 celery, 10 carrots, 5 tbsp hummus
130 kcal	200 kcal

■ Dinner

■ Baked Chicken Thighs — Olive Oil, Garlic Powder & Paprika

Boneless skinless chicken thighs tossed in olive oil, salt, pepper, garlic powder and smoked paprika — your classic staple seasoning. Baked at 425F for 25–30 min until golden and cooked through. Served with roasted broccoli or a simple side salad. Cook EXTRA — saves for Saturday lunch.

■ HER	■ HIM
5oz chicken thighs, olive oil & spice rub, roasted broccoli	7oz chicken thighs, olive oil & spice rub, roasted broccoli
410 kcal	590 kcal

■ Cook tonight: Baked Chicken Thighs — make EXTRA. Pack Saturday lunch containers before eating.

Daily Totals

■ Her: 1,340 kcal

■ His: 1,970 kcal

SATURDAY · ■ Chinese Family Night — Kung Pao Shrimp + Eggplant

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

■ Breakfast

Lox & Bagel with Cream Cheese-Yogurt Blend & Hard-Boiled Egg

½ whole wheat bagel toasted, smoked salmon, half light cream cheese / half Chobani non-fat blend, thin red onion, capers, sliced tomato, fresh dill.
Served with a hard-boiled egg on the side for extra protein.

■ HER

½ WW bagel, 3oz lox, 1 tbsp cream cheese-yogurt blend, 1 hard-boiled egg

390 kcal

■ HIM

1 whole WW bagel, 4oz lox, 1.5 tbsp cream cheese-yogurt blend, 1 hard-boiled egg

560 kcal

■■ Lunch

■■ Leftover: Baked Chicken Thighs (from Friday)

Friday's chicken thighs sliced over a quick green salad or reheated with the roasted broccoli. Add a squeeze of lemon to refresh.

■ HER

Fri chicken thighs sliced over greens, lemon squeeze

400 kcal

■ HIM

Fri chicken thighs, extra broccoli, lemon squeeze

580 kcal

■ Snack

Mixed Nuts + Red Grapes

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

■ HER

10 mixed nuts, ½ cup red grapes

180 kcal

■ HIM

14 mixed nuts, ½ cup red grapes

230 kcal

■ Dinner

■ Kung Pao Shrimp + Chinese Eggplant with Garlic Sauce — Family Night (5 People)

KUNG PAO SHRIMP: large shrimp stir-fried with roasted peanuts, dried chili, zucchini and bell pepper in a low-sodium kung pao sauce, sesame seeds, scallion. EGGPLANT (diet-modified, scaled 1.5x for 5): 15oz Chinese eggplant salted/soaked 15 min, patted dry, coated in cornstarch, pan-fried in 2 tbsp oil (reduced from 2.5) until golden and tender. Sauce: low-sodium soy, dark soy, sugar, cornstarch slurry, ginger, garlic — tossed through at the end until glossy. Serve both over jasmine rice. Rice night 2 of 2. Scales easily — daughter at her level, son at his × 1.5.

■ HER

5oz kung pao shrimp, ¾ cup eggplant, ½ cup jasmine rice

460 kcal

■ HIM

8oz kung pao shrimp, 1 cup eggplant, ¾ cup jasmine rice

660 kcal

■ Cook tonight: Kung Pao Shrimp + Chinese Eggplant — family of 5, scale eggplant 1.5x. Rice night 2 of 2 ✓. Make extra — closes the loop into next Sunday's lunch.

Daily Totals

■ Her: 1,430 kcal

■ His: 2,030 kcal

Italian, American & Chinese — One List

2 rice nights · Panini used twice · Family of 5 Saturday

■ ■ Orange = leftover · ■ ■ Rust = Italian · ■ Red = Chinese · Purple = Family Night

■ Proteins & Seafood

■ Lean ground turkey ■ ■ Sun turkey bolognese + Mon leftover — big batch	1.5 lbs	■ Lean deli roast beef ■ Mon & Tue panini — used twice this week	~1 lb
■ Chicken breast (boneless, skinless) Tue onigirazu, Thu lemon chicken orzo + Fri leftover	~3 lbs	■ Chicken thighs (boneless, skinless) ■ Fri baked thighs + Sat leftover	~2 lbs
■ Large shrimp (peeled, deveined) ■ Wed scampi + Thu leftover; Sat kung pao — DOUBLE each	~4 lbs	■ Lean ground pork Thu congee breakfast	~½ lb
■ Lean ham (diced, deli) Wed ham scramble breakfast	~¼ lb	■ Smoked salmon (lox) Sat lox & bagel breakfast	~7oz
■ Eggs (large) All week — scrambles, poached, onigirazu, hard-boiled	2.5 dozen	■ Whey/vanilla protein powder Tue overnight oats, Fri smoothie	1 container

■ Produce & Vegetables

■ Baby spinach Wed ham scramble, Thu orzo, Sun bolognese	2 × 5oz bags	■ Arugula Mon & Tue panini	1 × 5oz bag
■ Roma tomatoes ■ Mon tomato mozzarella salad	1 lb (4 medium)	■ English cucumber ■ Mon salad, Thu smashed cucumber snack	1 large
■ Cherry tomatoes Mon avocado toast, Thu orzo	1 pint	■ Red onion ■ Mon salad, Sat onigirazu leftover area	2
■ Roasted red peppers (jar) Mon & Tue panini	1 jar	■ Avocado Mon avocado toast, Tue onigirazu	2
■ Chinese eggplant (long, Asian variety) ■ Sat eggplant dish — scaled 1.5x for 5 people	15oz (~3 small)	■ Zucchini Sat kung pao shrimp	2 medium
■ Bell peppers Sat kung pao shrimp	3	■ Broccoli (crowns) Fri roasted side + Sat leftover	2
■ Cremini mushrooms Wed ham scramble	1 × 8oz pack	■ Celery Sun bolognese soffritto, Fri hummus snack	1 bunch
■ Carrot (medium) Sun bolognese soffritto	2	■ Garlic (fresh) All week — bolognese, scampi, onigirazu, eggplant, kung pao	3 heads
■ Ginger (fresh knob) Thu congee, Sat eggplant sauce	1 large	■ Scallions / green onions Thu congee, Sat kung pao & eggplant	2 bunches

■ Fresh basil <i>Sun bolognese</i>	1 bunch	■ Fresh parsley <i>Wed scampi</i>	1 bunch
■ Fresh dill <i>Sat lox & bagel</i>	1 small bunch	■ Lemon <i>Mon avocado toast, Wed scampi, Thu orzo</i>	4
■ Banana <i>Tue overnight oats</i>	2	■ Mango (frozen) <i>Fri smoothie</i>	1 × 12oz bag
■ Apple (medium + large) <i>Mon snack</i>	2+2	■ Blueberries (fresh) <i>Sun parfait</i>	1 pint
■ Mixed berries (fresh/frozen) <i>Wed snack</i>	1 × 12oz bag	■ Red grapes <i>Sat snack</i>	1 small bunch
■ Mandarin oranges (small) <i>Sun snack</i>	5		

■ Dairy & Refrigerated

■ Chobani non-fat plain Greek yogurt <i>Sun parfait, Tue onigirazu sauce, Wed snack, Sat lox blend</i>	2 × 32oz tubs	■ Fresh mozzarella ■ <i>Mon tomato mozzarella salad — reduced from 6oz</i>	4oz
■ Provolone cheese (sliced) ■ <i>Mon & Tue panini</i>	1 pack	■ Low-fat feta (crumbled) <i>Wed ham scramble</i>	1 small container
■ Parmesan (freshly grated wedge) <i>Sun bolognese, Wed scampi, Thu orzo</i>	1 wedge	■ Light cream cheese <i>Sat lox & bagel blend</i>	1 small tub
■ Mayo (regular) <i>Tue onigirazu sauce — half mayo half yogurt</i>	1 small jar	■ Unsalted butter <i>Wed scampi</i>	1 stick
■ Unsweetened almond milk <i>Tue overnight oats, Fri smoothie</i>	1 × half-gallon	■ Low-sodium chicken broth <i>Thu congee, Thu orzo, Fri leftover</i>	1 × 32oz carton
■ Crushed tomatoes (canned) <i>Sun bolognese — big batch</i>	2 × 28oz cans	■ Red wine <i>Sun bolognese — ½ cup needed</i>	1 bottle
■ Dry white wine <i>Wed scampi</i>	1 bottle	■ Hummus (roasted garlic) <i>Fri snack</i>	1 × 10oz tub
■ Mixed nuts <i>Sat snack</i>	1 small bag	■ Natural peanut butter <i>Tue overnight oats, Fri smoothie, Mon snack</i>	1 jar

■ Grains, Pasta & Bread

■ Whole wheat rigatoni or penne ■ <i>Sun bolognese + Mon leftover</i>	1 × 12oz box	■ Ciabatta rolls ■ <i>Mon & Tue panini — used both nights</i>	4
■ Whole wheat orzo <i>Thu lemon chicken orzo + Fri leftover</i>	1 × 12oz box	■ Whole wheat linguine <i>Wed scampi + Thu leftover</i>	1 × 12oz box
■ Sushi rice or short-grain white rice ■ <i>Tue onigirazu — reduced from 3 cups</i>	2 cups needed	■ Jasmine rice <i>Thu congee, Sat kung pao + eggplant — rice night 2</i>	1 × 2 lb bag

■ Nori sheets ■ Tue onigirazu	1 pack	■ Rice paper sheets ■ Tue onigirazu — single wrap only, not doubled	1 pack
■ Whole wheat bagels Sat lox & bagel breakfast	1 pack	■ Whole wheat bread (sliced loaf) Mon avocado toast, Wed ham scramble toast	1 loaf
■ 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	■ Cornstarch ■ Sat eggplant coating + sauce, Sat kung pao sauce	1 box
■ Roasted peanuts Sat kung pao shrimp	1 small bag	■ Black sesame seeds ■ Tue onigirazu	1 small jar
■ Pickled mustard greens / zha cai Thu congee	1 small jar	■ Everything bagel seasoning Mon avocado toast	1 small jar

■ Sauces, Condiments & Pantry

■ Low-sodium soy sauce Thu congee, Sat eggplant & kung pao sauces	1 large bottle	■ Dark soy sauce ■ Sat eggplant — adds colour, optional but recommended	1 small bottle
■ Low-sodium kung pao sauce (or build from scratch) Sat kung pao shrimp	1 bottle	■ Sriracha ■ Tue onigirazu sauce	1 bottle
■ Dijon mustard ■ Mon & Tue panini, ■ Mon salad dressing	1 jar	■ Red wine vinegar ■ Mon tomato mozzarella salad dressing	1 bottle
■ Extra virgin olive oil ■ Mon salad, Sun bolognese, Fri chicken thighs	1 bottle	■ Peanut or vegetable oil ■ Sat eggplant pan-fry	1 bottle
■ Sesame oil (toasted) Thu congee, Sat kung pao	1 bottle	■ Smoked paprika ■ Fri chicken thighs — staple seasoning	1 jar
■ Garlic powder ■ Fri chicken thighs — staple seasoning	1 jar	■ Italian seasoning ■ Mon salad dressing	1 jar
■ Dried chili (whole, for kung pao) Sat kung pao shrimp	1 small bag	■ Sugar (small amount) ■ Sat eggplant sauce — just 2 tsp	stocked
■ Honey (raw) Sun parfait, Wed yogurt snack, Tue oats	1 jar	■ Light cooking spray ■ Tue onigirazu pan-fry, Fri chicken thighs	1 can
■ Capers (small jar) Sat lox & bagel	1 jar	■ Sea salt & black pepper All week	stocked

■ Supplements & Household

■ Whey protein powder Tue overnight oats, Fri smoothie	1 container	■ Fish oil capsules — HIM Heart health — age 52	1 bottle
■ Vitamin D3 — HIM Bone density support	1 bottle	■ Magnesium glycinate — HIM Sleep & recovery	1 bottle
■ Multivitamin — HER General coverage	1 bottle	■ Sparkling water Zero-cal soda substitute	24-pack

■ Glass meal prep containers

Set of 14

■ Paper towels (for eggplant prep)

1 roll

Same labeling system

■ *Sat eggplant salting/draining step*

Week 15 Tips

Bolognese: simmer 30+ min, the longer the better · Onigirazu: single rice paper wrap only — doubling makes it too carb-heavy · Eggplant: don't skip the salt/soak step, it prevents sogginess · Chicken thighs: 425F gets crispy skin-like edges even without skin · Scampi: don't overcook shrimp, 2-3 min per side max