

Maintenance Week — 4 Meals a Day, Full Flavour

■ Tuscan Chicken · ■ Bacon Burger · ■ Pork Chops · ■ Naan Pizza · ■ Surf & Turf · ■ Mapo + Dan Dan

■ HER — MAINTENANCE

~1,670–1,890 kcal/day

vs ~1,200–1,350 in deficit

4 meals · Larger portions · Same food quality

■ HIM — MAINTENANCE

~2,460–2,690 kcal/day

vs ~1,750–1,900 in deficit

4 meals · Larger portions · Reset leptin & metabolism

■ **Maintenance Week:** Same food quality, larger portions. This resets leptin, reduces cortisol and prevents metabolic adaptation. ■ **New structure this week:** 4 meals per day — Breakfast · Lunch · Snack (combined) · Dinner. No separate afternoon snack. One larger combined snack instead. ■ **Roasted red pepper plan:** Used across Sun (filling), Mon (salad), Wed (pizza B), Thu (romesco). Full jar used with zero waste. ■ **Tuscan chicken tip:** Pat sun-dried tomatoes dry before using — the packing oil is the main calorie culprit. ■ **Wife cooking Fri & Sat:** Step-by-step instructions in each dinner card. Both dishes are one-pot, under 25 min. **Week 17 returns to the deficit.**

■■ Self-Closing Leftover Loop — 4 meals per day · cook dinner, get lunch free

Sun	■ Tuscan Stuffed Chicken + Roasted Veg	→	Mon	Tuscan chicken reheated 350F
Mon	■ Bacon Cheeseburger (double patty)	→	Tue	Burger crumble over spring mix
Tue	■ Slow Cooker Pork Chops + Mash	→	Wed	Pork chops + mash reheated
Wed	■ Naan Pizza B + C (shared halves)	→	Thu	Naan pizza air fryer re-crisped
Thu	■ Surf & Turf + Roasted Asparagus	→	Fri	Cold steak + shrimp over greens
Fri	■ Mapo Tofu + Jasmine Rice	→	Sat	Mapo tofu over fresh rice
Sat	■ Dan Dan Noodles	→	Sun	Dan dan noodles refreshed

Weekly Overview · 4 Meals Per Day

Day	■ Breakfast	■ Dinner	■ Cal	■ Cal
Sun	Spinach, Mushroom & Ham Scramble	Tuscan Stuffed Chicken	1,800	2,560
Mon	Avocado Toast with Poached Eggs	Diet Bacon Cheeseburger	1,890	2,690
Tue	Overnight Oats with Banana & PB	Slow Cooker Pork Chops	1,750	2,480

Wed	Smoked Salmon Eggs Benedict	Naan Pizza Night	1,830	2,580
Thu	Blueberry Yogurt Parfait	Surf & Turf Light	1,830	2,590
Fri	Savory Congee with Lean Pork	Mapo Tofu with Lean Ground Pork	1,700	2,460
Sat	Mango PB Protein Smoothie	Dan Dan Noodles with Lean Ground Pork	1,710	2,510

SUNDAY · ■■ Italian — Tuscan Stuffed Chicken

4 meals today · Cook dinner double · Pack lunch 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 Italian herbs, salt and pepper. WW toast on the side. Ready in 8 minutes.

■ HER

3 eggs, 1.5oz diced ham, spinach, mushroom, feta, 2 slices WW toast

420 kcal

■ HIM

4 eggs, 2.5oz diced ham, spinach, mushroom, feta, 2 slices WW toast

580 kcal

■■ Lunch

■■ Leftover: Dan Dan Noodles (from last Saturday)

Last Saturday's dan dan noodles reheated — WW spaghetti, peanut sesame sauce, ground pork, bok choy. Add a splash of soy sauce and chili oil to refresh. 3-minute microwave.

■ HER

Last Sat dan dan noodles, soy splash, chili oil, scallion

420 kcal

■ HIM

Last Sat dan dan noodles, extra peanut sauce, scallion, chili oil

610 kcal

■ Snack

Hummus & Veggie Platter + Hard-Boiled Egg + Mandarin Oranges

Roasted garlic hummus with celery, baby carrots and cucumber rounds. Hard-boiled egg on the side. Fresh mandarin oranges for a sweet finish. One satisfying combined snack.

■ HER

4 tbsp hummus, 1 cup veg, 1 hard-boiled egg, 2 mandarins

280 kcal

■ HIM

6 tbsp hummus, 1.5 cups veg, 1 hard-boiled egg, 3 mandarins

410 kcal

■ Dinner

■ Tuscan Stuffed Chicken + Mediterranean Roasted Vegetables

DIET-MODIFIED: Butterfly 4 chicken breasts, coat in 1 tbsp olive oil (not 2) + garlic powder + onion powder + paprika + Italian herbs + salt/pepper. FILLING: ½ cup part-skim ricotta (not full-fat) + ■ cup Parmesan (not ½ cup) + 9oz frozen chopped spinach (drained well) + 5 sun-dried tomatoes (dry-packed or oil patted off thoroughly) + strips of roasted red peppers + 2 tbsp fresh basil + ¼ tsp nutmeg. Layer cheese first, then tomatoes and peppers, then spinach, then basil. Fold and secure with toothpick. Sear in pan until golden both sides, bake 375F 20 min. ROASTED VEG: bell peppers, zucchini, red onion, cherry tomatoes, asparagus tossed in 1 tbsp olive oil + Italian herbs — roast 400F alongside chicken last 20 min. Make EXTRA chicken — saves for Monday lunch.

■ HER

1 stuffed chicken breast (~5oz), generous Mediterranean roasted veg

680 kcal

■ HIM

1.5 stuffed chicken breasts (~8oz), generous Mediterranean roasted veg

960 kcal

■ Cook tonight: Tuscan Stuffed Chicken — make EXTRA. Pack Monday lunch containers before eating. Pat sun-dried tomatoes dry with paper towels to remove excess oil.

Daily Totals · Maintenance

■ Her: 1,800 kcal

■ His: 2,560 kcal

MONDAY · ■■ American — Bacon Cheeseburger Night

4 meals today · Cook dinner double · Pack lunch 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. Maintenance — larger portions.

■ HER

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

390 kcal

■ HIM

2 slices WW toast, ¾ avocado, 2 poached eggs, cherry tomatoes + feta crumble

550 kcal

■■ Lunch

■■ Leftover: Tuscan Stuffed Chicken (from Sunday)

Sunday's Tuscan stuffed chicken sliced and reheated — the ricotta and spinach filling is outstanding the next day. Serve alongside leftover roasted vegetables. Cover with foil, reheat 350F 12 min.

■ HER

Sun Tuscan chicken reheated, leftover roasted veg

560 kcal

■ HIM

Sun Tuscan chicken reheated, generous roasted veg, squeeze of lemon

790 kcal

■ Snack

Greek Yogurt Parfait with Berries, Walnuts & Granola

Chobani non-fat Greek yogurt with fresh mixed berries, chopped walnuts, low-sugar granola and a drizzle of honey. Maintenance week — a proper sized snack.

■ HER

¾ cup Chobani non-fat, ½ cup berries, 8 walnuts, 2 tbsp granola, honey

320 kcal

■ HIM

1 cup Chobani non-fat, ¾ cup berries, 12 walnuts, 3 tbsp granola, honey

450 kcal

■ Dinner

■ Diet Bacon Cheeseburger + Baby Spring Mix Side Salad

BURGER: 90% lean beef patty, 1–2 strips centre-cut bacon, 1 slice reduced-fat cheddar, whole wheat bun, Dijon mustard, sliced tomato, red onion, baby spring mix leaves inside the burger. SALAD: baby spring mix + sliced cucumber + cherry tomatoes + red onion + strips of roasted red pepper + light lemon-olive oil vinaigrette (1 tbsp olive oil + ½ tsp lemon juice + ½ tsp Dijon + salt). MAINTENANCE: larger patty, full toppings, enjoy without restriction. Cook DOUBLE patties — saves for Tuesday lunch crumble bowl.

■ HER

5oz lean patty, 1 bacon strip, cheddar, WW bun, baby spring mix salad + red pepper strips

620 kcal

■ HIM

7oz lean patty, 2 bacon strips, cheddar, WW bun, avocado, generous salad + red pepper strips

900 kcal

■ Cook tonight: Bacon Cheeseburger — make DOUBLE patties. Tuesday lunch = crumble bowl over spring mix. Monday runs slightly higher — maintenance week, burger night is the point.

Daily Totals · Maintenance

■ Her: 1,890 kcal

■ His: 2,690 kcal

TUESDAY · ■■ American — Slow Cooker Pork Chops

4 meals today · Cook dinner double · Pack lunch before eating · ■■ orange = leftover

■ Breakfast

■ Overnight Oats with Banana, Peanut Butter & Chia Seeds

Rolled oats soaked overnight in almond milk with vanilla protein powder, sliced banana, natural peanut butter, chia seeds and honey. Prep Monday night — grab and go. Maintenance — larger portions.

■ HER

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

470 kcal

■ HIM

¾ cup oats, 1.5 scoops protein, 1 banana, 2 tbsp PB, chia, honey

620 kcal

■■ Lunch

■■ Leftover: Bacon Cheeseburger Crumble Bowl (from Monday)

Monday's extra burger patty crumbled over fresh baby spring mix with cherry tomatoes, red onion, roasted red pepper strips, Dijon vinaigrette. Deconstructed cheeseburger salad — great cold.

■ HER

Mon burger crumbled over spring mix, tomatoes, red pepper, vinaigrette

440 kcal

■ HIM

Mon burger crumbled over spring mix, extra veg + roasted red pepper, avocado, vinaigrette

640 kcal

■ Snack

Apple + Almond Butter + String Cheese + Almonds

Fresh Fuji apple sliced, natural almond butter, 1 stick part-skim mozzarella string cheese, small handful of almonds. A satisfying combined snack with carbs, protein and healthy fat.

■ HER

1 medium apple, 1 tbsp almond butter, 1 string cheese, 10 almonds

300 kcal

■ HIM

1 large apple, 1.5 tbsp almond butter, 1 string cheese, 14 almonds

420 kcal

■ Dinner

■ Slow Cooker Pork Chops + Lighter Yukon Gold Mash + Garlic Green Beans

PORK CHOPS (diet-modified): 8 boneless chops, reduce salt → 1 tsp, use low-sodium chicken broth, keep white wine (¼–½ cup). Layer half the sweet onion in slow cooker, add chops, top with remaining onion, pour broth and wine, cook LOW 7–9 hours or HIGH 4–5 hours. Braising liquid becomes natural gravy. YUKON GOLD MASH: boil until very tender, mash with ½ cup warmed low-sodium broth + 1 tbsp butter (not more), salt, white pepper, fresh chives. GREEN BEANS: blanch 3 min, toss in hot pan with 1 tsp olive oil + 3 garlic cloves sliced + salt + pepper, 2 min. Cook DOUBLE pork and mash — saves for Wednesday lunch.

■ HER

1 pork chop (~5oz), ½ cup lighter Yukon mash, garlic green beans

540 kcal

■ HIM

1.5 pork chops (~8oz), ¾ cup lighter Yukon mash, generous garlic green beans

800 kcal

■ Set up slow cooker this morning — 7–9 hours on LOW. Cook DOUBLE pork and mash. Pack Wednesday lunch before eating.

Daily Totals · Maintenance

■ Her: 1,750 kcal

■ His: 2,480 kcal

WEDNESDAY · ■ Italian — Naan Pizza Night

4 meals today · Cook dinner double · Pack lunch before eating · ■ orange = leftover

■ Breakfast

■ Smoked Salmon Eggs Benedict on WW English Muffin

Whole wheat English muffin toasted, smoked salmon, poached eggs, light hollandaise (¼ cup Chobani non-fat + 1 tsp lemon juice + ½ tsp Dijon + pinch salt + ½ tbsp melted butter whisked in off heat), fresh dill, capers, cracked pepper. Maintenance — both muffin halves.

■ HER	■ HIM
1 WW English muffin (both halves), 2.5oz smoked salmon, 2 poached eggs, light hollandaise, dill	1.5 WW English muffins, 3oz smoked salmon, 2 poached eggs, extra hollandaise, capers, dill
480 kcal	620 kcal

■ Lunch

■ Leftover: Slow Cooker Pork Chops + Mash (from Tuesday)

Tuesday's pork chops reheated in the braising liquid — they get even more tender overnight. Serve over leftover Yukon mash with the natural gravy drizzled on top. Cover 350F 15 min.

■ HER	■ HIM
Tue pork chop, Yukon mash, natural gravy from braising liquid	Tue pork chops, generous Yukon mash, extra braising liquid gravy
510 kcal	750 kcal

■ Snack

Cottage Cheese with Peach, Walnuts, Honey & Whole Wheat Crackers

Low-fat cottage cheese with fresh peach slices, chopped walnuts and a drizzle of honey. A few whole wheat crackers on the side for crunch. Satisfying, high protein, naturally sweet.

■ HER	■ HIM
¾ cup cottage cheese, ½ peach, 8 walnuts, honey, 4 WW crackers	1 cup cottage cheese, 1 peach, 10 walnuts, honey, 6 WW crackers
300 kcal	430 kcal

■ Dinner

■ Naan Pizza Night — Half Pizza B + Half Pizza C (Shared)

PIZZA B (BBQ Chicken — your build): WW naan base, light BBQ sauce, straight grilled chicken breast sliced, sautéed onion, bell pepper, baby spinach, cremini mushrooms, roasted red pepper strips (from your jar!), reduced-fat mozzarella. Bake 400F 12–15 min. PIZZA C (White Pizza): WW naan base, olive oil + roasted garlic spread, goat cheese or part-skim ricotta, baby spinach, fresh mozzarella, cracked black pepper, fresh basil after baking. Bake 400F 12–15 min. SERVE: each person gets ½ of Pizza B + ½ of Pizza C — full variety, shared experience. Reheat leftovers in air fryer 375F 4 min for next day.

■ HER	■ HIM
½ naan Pizza B + ½ naan Pizza C — full variety, both flavours	½ naan Pizza B + ½ naan Pizza C — full variety, extra mozzarella
540 kcal	780 kcal

■ Cook tonight: Both naan pizzas. Air fryer reheat tomorrow works perfectly — 375F 4 min, tastes better than microwave.

Daily Totals · Maintenance	■ Her: 1,830 kcal	■ His: 2,580 kcal
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THURSDAY · ■■ American — Surf & Turf Light

4 meals today · Cook dinner double · Pack lunch before eating · ■■ orange = leftover

■ Breakfast

Blueberry Yogurt Parfait with Granola, Walnuts & Chia Seeds

Chobani non-fat Greek yogurt, fresh blueberries, low-sugar granola, chopped walnuts and chia seeds layered together. Stir chia into yogurt 10 min before layering. Maintenance — generous portions.

■ HER

¾ cup Chobani non-fat, ½ cup blueberries, 2 tbsp granola, 1 tbsp chia, 8 walnuts, honey

420 kcal

■ HIM

1 cup Chobani non-fat, ¾ cup blueberries, 3 tbsp granola, 1 tbsp chia, 12 walnuts, honey

560 kcal

■■ Lunch

■■ Leftover: Naan Pizza (from Wednesday)

Wednesday's naan pizza re-crisped in the air fryer at 375F for 4 minutes — far better texture than microwaved pizza. The BBQ chicken and white pizza both reheat beautifully this way.

■ HER

Wed naan pizza B + C halves, air fryer re-crisped 375F 4 min

510 kcal

■ HIM

Wed naan pizza B + C halves, air fryer re-crisped, extra fresh basil

750 kcal

■ Snack

Costco Mega Omega Trail Mix + String Cheese + Red Grapes

¼ cup Power Up Premium Mega Omega trail mix (walnuts, almonds, pumpkin seeds, dried mango & cranberries) + 1 stick part-skim mozzarella string cheese + fresh red grapes. Balanced, satisfying and great on the go.

■ HER

¼ cup Mega Omega trail mix, 1 string cheese, ½ cup red grapes

320 kcal

■ HIM

¼ cup Mega Omega trail mix, 1 string cheese, ¾ cup red grapes + 6 extra almonds

440 kcal

■ Dinner

■ Surf & Turf Light — Garlic Butter Shrimp + Pan-Seared Sirloin

SIRLOIN: Season with salt, pepper and garlic powder. Cast iron very hot. Sear 3 min per side (medium-rare 130F internal), rest 5 min, slice against grain. SHRIMP: same pan, 1 tbsp butter + 3 garlic cloves + splash white wine + lemon — add shrimp, cook 2 min per side until pink. ROMESCO DRIZZLE (using roasted red peppers): blend remaining red peppers + 1 garlic clove + 1 tbsp olive oil + 1 tbsp almonds + splash red wine vinegar + salt — 2 min in blender. Drizzle over sirloin. ASPARAGUS: toss in olive oil, salt, grill or roast alongside steak. Cook DOUBLE steak and shrimp — saves for Friday lunch.

■ HER

4oz sirloin + 4oz shrimp, roasted asparagus, romesco drizzle

580 kcal

■ HIM

6oz sirloin + 6oz shrimp, generous asparagus, romesco drizzle

840 kcal

■ Cook tonight: Surf & Turf — make DOUBLE steak and shrimp. Pack Friday lunch containers before eating. Make romesco in blender using remaining roasted red peppers.

Daily Totals · Maintenance

■ Her: 1,830 kcal

■ His: 2,590 kcal

FRIDAY · ■ Chinese — Mapo Tofu (Wife Cooks)

4 meals today · Cook dinner double · Pack lunch 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. Comforting and warm — great start before a busy Friday.

■ HER	■ HIM
½ cup jasmine rice, 2oz lean ground pork, zha cai, ginger, sesame oil	¾ cup jasmine rice, 3oz lean ground pork, zha cai, ginger, soft-boiled egg
380 kcal	540 kcal

■ Lunch

■ Leftover: Surf & Turf Bowl (from Thursday)

Thursday's sirloin sliced cold over baby greens with Thursday's shrimp on top — cold steak and cold shrimp over greens with the romesco as dressing. Outstanding cold. Zero cooking.

■ HER	■ HIM
Thu steak sliced cold + shrimp over greens, romesco drizzle	Thu steak + shrimp over greens, extra romesco + asparagus on the side
550 kcal	790 kcal

■ Snack

Shelled Edamame + Hard-Boiled Egg + Mandarin Oranges

Warm shelled edamame with sea salt, hard-boiled egg on the side, fresh mandarin oranges to finish. Simple, high-protein combined snack.

■ HER	■ HIM
1 cup shelled edamame, 1 hard-boiled egg, 2 mandarins	1.5 cups shelled edamame, 1 hard-boiled egg, 3 mandarins
280 kcal	400 kcal

■ Dinner

■ Mapo Tofu with Lean Ground Pork + Jasmine Rice (Wife Cooks)

WIFE'S GUIDE — one pot, 20 min: Add lean pork + doubanjiang + lao gan ma + garlic + ginger to cold pot, turn to medium, stir-fry until pork is nearly cooked 3–4 min. Pour in 4 cups LOW-SODIUM chicken broth + 1 tbsp low-sodium soy sauce. Bring to simmer. Add silken tofu in large chunks, 4–5 min. Mix 1 tbsp cornstarch + 2 tbsp cold water, stir into pot to thicken. Top with scallion + sesame oil drizzle + Sichuan peppercorn (optional). Serve over jasmine rice. Rice night 1 of 2. Make DOUBLE — saves for Saturday lunch.

■ HER	■ HIM
½ pkg silken tofu, 2oz lean pork, doubanjiang sauce, ½ cup jasmine rice	¾ pkg silken tofu, 4oz lean pork, doubanjiang sauce, ¾ cup jasmine rice
490 kcal	730 kcal

■ Wife cooks tonight: Mapo Tofu — make DOUBLE tofu mixture. Pack Saturday lunch containers before eating. One pot, 20 minutes.

Daily Totals · Maintenance	■ Her: 1,700 kcal	■ His: 2,460 kcal
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SATURDAY · ■ Chinese — Dan Dan Noodles (Wife Cooks)

4 meals today · Cook dinner double · Pack lunch 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. Maintenance — extra fruit and protein.

■ HER

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

430 kcal

■ HIM

1 cup frozen mango, 1.5 tbsp PB, 2 scoops protein, 1.5 cups almond milk, banana

620 kcal

■■ Lunch

■■ Leftover: Mapo Tofu over Fresh Rice (from Friday)

Friday's mapo tofu reheated over freshly cooked rice — the doubanjiang and lao gan ma sauce deepens overnight. Add fresh scallion and a drizzle of sesame oil. 3-minute microwave.

■ HER

Fri mapo tofu reheated, ½ cup fresh jasmine rice, scallion, sesame oil

460 kcal

■ HIM

Fri mapo tofu reheated, ¾ cup fresh jasmine rice, scallion, extra chili oil

680 kcal

■ Snack

Celery + Baby Carrots + Hummus + Mixed Nuts

Fresh celery stalks and baby carrots with roasted garlic hummus, small handful of mixed almonds, cashews and walnuts on the side. Crunchy, satisfying, zero cooking.

■ HER

4 celery, 8 baby carrots, 4 tbsp hummus, 10 mixed nuts

280 kcal

■ HIM

5 celery, 10 baby carrots, 6 tbsp hummus, 14 mixed nuts

410 kcal

■ Dinner

■ Dan Dan Noodles with Lean Ground Pork (Wife Cooks)

WIFE'S GUIDE — one pot, 25 min. SAUCE (whisk in a bowl first): 3 tbsp natural peanut butter + 3 tbsp low-sodium soy + 2 tbsp rice vinegar + 1 tbsp sesame oil + 1 tsp lao gan ma + 2 tsp minced garlic + 1 tsp grated ginger + 2 tbsp warm water to loosen. Cook WW spaghetti per package. PORK: cook lean ground pork + doubanjiang in a separate pan until browned. Blanch bok choy. Drain noodles, divide into bowls, top with sauce, pork, bok choy, scallion, chili oil and sesame seeds. Make DOUBLE — saves for Sunday lunch.

■ HER

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

540 kcal

■ HIM

3oz lean pork, 1 cup WW spaghetti, generous sauce, bok choy, extra chili oil

800 kcal

■ Wife cooks tonight: Dan Dan Noodles — whisk sauce in a bowl before starting anything else. Make DOUBLE. Pack Sunday lunch containers before eating.

Daily Totals · Maintenance

■ Her: 1,710 kcal

■ His: 2,510 kcal

More Food. Same Quality. 4 Meals a Day.

Roasted red pepper jar used all week · 1 rice night · Wife cooks Fri & Sat

■ Orange = leftover · ■ Rust = Italian · ■ Red = Chinese · ■ Green accents = Maintenance week

■ Proteins & Seafood · dinner quantities doubled for leftovers

■ Chicken breast (boneless, skinless) <i>Sun Tuscan stuffed DOUBLE + Mon leftover; Wed Pizza B topping</i>	~4 lbs	■ Lean ground pork <i>Fri congee, Fri mapo tofu DOUBLE, Sat dan dan DOUBLE</i>	~2 lbs
■ Lean sirloin steak <i>Thu surf & turf + Fri leftover — DOUBLE</i>	~2.5 lbs	■ Large shrimp (peeled, deveined) <i>Thu surf & turf + Fri leftover — DOUBLE</i>	~2.5 lbs
■ Boneless pork chops <i>Tue slow cooker DOUBLE — 8 chops feeds dinner + Wed leftover</i>	8 chops (~3.5 lbs)	■ Lean centre-cut bacon <i>Mon bacon cheeseburger — 1-2 strips per patty</i>	1 pack
■ 90% lean ground beef <i>Mon bacon cheeseburger DOUBLE + Tue crumble bowl</i>	~2.5 lbs	■ Smoked salmon (lox) <i>Wed eggs benedict breakfast</i>	~5oz
■ Lean ham (diced, deli) <i>Sun ham scramble breakfast</i>	~¼ lb	■ Silken tofu (extra soft) <i>Fri mapo tofu DOUBLE — 1.5 packs per batch</i>	3 × 14oz packs
■ Eggs (large) <i>All week — scrambles, poached, hard-boiled, benedict</i>	3 dozen	■ Whey/vanilla protein powder <i>Tue overnight oats, Sat smoothie</i>	1 container

■ Produce & Vegetables

■ Baby spinach <i>Sun stuffed chicken, Wed pizza B & C, general</i>	2 × 5oz bags	■ Baby spring mix <i>Mon burger salad, Mon inside burger, Tue crumble bowl</i>	2 × 5oz bags
■ Asparagus <i>Thu surf & turf side + Fri leftover</i>	2 bunches	■ Cremini mushrooms <i>Sun scramble, Wed pizza B</i>	2 × 8oz packs
■ Bok choy (baby) <i>Fri mapo tofu, Sat dan dan</i>	2 bags	■ Celery (bunch) <i>Sun hummus platter, Sat hummus snack</i>	1
■ Baby carrots (bag) <i>Sun hummus platter, Sat hummus snack</i>	1 × 1 lb bag	■ Green beans (fresh) <i>Tue garlic green beans side</i>	1 lb
■ Yukon Gold potatoes <i>Tue lighter mashed potatoes + Wed leftover</i>	3 lbs	■ Sweet onion (large) <i>Tue slow cooker pork chops</i>	2
■ Bell peppers (red/yellow/green) <i>Sun roasted veg, Wed pizza B</i>	4	■ Zucchini (medium) <i>Sun Mediterranean roasted veg</i>	2
■ Cherry tomatoes <i>Sun roasted veg, Mon avocado toast, Mon burger salad, Tue crumble bowl</i>	2 pints	■ Avocado <i>Mon avocado toast, Mon burger, Tue crumble bowl</i>	3

■ Cucumber (large) <i>Sun hummus platter, Mon burger salad</i>	2	■ Red onion <i>Mon burger + salad, Wed pizza B</i>	2
■ Scallions / green onions <i>Fri congee, Fri mapo tofu, Sat dan dan</i>	2 bunches	■ Ginger (fresh knob) <i>Fri congee, Fri mapo tofu, Sat dan dan sauce</i>	1 large
■ Garlic (fresh) <i>All week — stuffed chicken, surf & turf, mapo, dan dan</i>	3 heads	■ Fresh basil <i>Sun Tuscan stuffed chicken, Wed pizza C</i>	1 bunch
■ Fresh dill <i>Wed smoked salmon eggs benedict</i>	1 small bunch	■ Fresh chives <i>Tue Yukon mash topping</i>	1 small bunch
■ Lemon <i>Mon avocado toast, Thu surf & turf, romesco</i>	4	■ Banana <i>Sat smoothie — maintenance larger portion</i>	3
■ Mango (frozen) <i>Sat protein smoothie — larger maintenance portion</i>	1 × 16oz bag	■ Blueberries (fresh) <i>Thu yogurt parfait breakfast</i>	1 pint
■ Mixed berries (fresh/frozen) <i>Mon yogurt parfait snack</i>	1 × 12oz bag	■ Apple (medium + large) <i>Tue snack</i>	2+2
■ Red grapes <i>Thu trail mix snack</i>	1 bunch	■ Peach (fresh or canned in juice) <i>Wed cottage cheese snack</i>	2
■ Mandarin oranges (small) <i>Sun + Fri snack</i>	8	■ Sun-dried tomatoes (dry-packed) <i>Sun Tuscan stuffed chicken — dry-packed not in oil</i>	1 small pack
■ Roasted red peppers (jar) <i>Sun stuffed chicken filling, Mon salad, Wed pizza B, Thu romesco drizzle</i>	Already have open jar		

■ Dairy & Refrigerated

■ Chobani non-fat plain Greek yogurt <i>Mon + Thu snack parfaits, Wed eggs benedict hollandaise</i>	2 × 32oz tubs	■ Part-skim ricotta <i>Sun Tuscan stuffed chicken — part-skim not full-fat</i>	½ cup needed
■ Parmesan (freshly grated wedge) <i>Sun stuffed chicken (■ cup), Wed pizza</i>	1 wedge	■ Reduced-fat cheddar (sliced) <i>Mon bacon cheeseburger</i>	1 pack
■ Fresh mozzarella ball <i>Wed pizza C — sliced thick</i>	1 × 8oz	■ Reduced-fat mozzarella (shredded) <i>Wed pizza B</i>	1 × 8oz bag
■ Goat cheese (soft) <i>Wed pizza C — white pizza base option</i>	4oz	■ Part-skim mozzarella string cheese <i>Tue + Thu snack</i>	1 pack (6)
■ Low-fat cottage cheese <i>Wed snack</i>	1 × 16oz container	■ Low-fat feta (crumbled) <i>Sun ham scramble breakfast</i>	1 small container
■ Capers (small jar) <i>Wed smoked salmon eggs benedict</i>	1 × 3oz jar	■ WW English muffins <i>Wed smoked salmon eggs benedict</i>	1 pack (6)
■ Unsalted butter <i>Tue mash (1 tbsp), Thu shrimp scampi component, Wed hollandaise</i>	1 stick	■ Unsweetened almond milk <i>Tue overnight oats, Sat smoothie, general</i>	2 × half-gallon cartons

■ Low-sodium chicken broth <i>Tue slow cooker pork chops, Tue mash, Fri mapo tofu broth</i>	2 × 32oz cartons	■ Dry white wine <i>Tue slow cooker pork chops, Thu surf & turf shrimp</i>	1 bottle
■ Hummus (roasted garlic) <i>Sun + Sat snack platters</i>	1 large tub	■ Mixed nuts <i>Sat snack</i>	1 bag
■ Low-sugar granola <i>Mon + Thu yogurt parfait snacks</i>	1 small bag		

■ Grains, Pasta & Bread

■ WW burger buns <i>Mon bacon cheeseburger</i>	1 pack (6)	■ Whole wheat naan (large) <i>Wed pizza B & C — 2 pizzas, shared</i>	4 pieces
■ WW spaghetti <i>Sat dan dan noodles + Sun leftover</i>	1 × 12oz box	■ Jasmine rice <i>Fri mapo tofu + Sat leftover (rice night 1), Fri congee</i>	1 × 2 lb bag
■ WW bread (sliced loaf) <i>Sun ham scramble toast</i>	1 loaf	■ Rolled oats <i>Tue overnight oats</i>	1 × 42oz canister
■ Chia seeds <i>Tue overnight oats, Thu parfait</i>	1 bag	■ WW crackers <i>Wed cottage cheese snack</i>	1 small box
■ Cornstarch <i>Fri mapo tofu thickening</i>	1 small box	■ Almonds (raw or roasted) <i>Tue + Thu snacks, Thu romesco sauce</i>	1 bag
■ Natural peanut butter <i>Tue snack, Tue overnight oats, Sat dan dan sauce</i>	1 jar	■ Almond butter <i>Tue 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
■ Costco Mega Omega trail mix <i>Thu combined snack</i>	Already have / restock		

■ Sauces, Condiments & Pantry

■ Low-sodium soy sauce <i>Fri congee, Fri mapo tofu, Sat dan dan sauce</i>	1 large bottle	■ Doubanjiang (spicy bean paste) <i>Fri mapo tofu, Sat dan dan</i>	1 jar
■ Lao gan ma chili sauce <i>Fri mapo tofu, Sat dan dan — key flavour</i>	1 jar	■ Sesame oil (toasted) <i>Fri congee, Fri mapo, Sat dan dan</i>	1 bottle
■ Rice vinegar <i>Sat dan dan sauce</i>	1 bottle	■ Chili oil <i>Fri mapo tofu garnish, Sat dan dan</i>	1 small jar
■ Light BBQ sauce (low-sodium) <i>Wed pizza B</i>	1 bottle	■ Low-sodium marinara (optional) <i>Wed pizza B backup</i>	1 small jar
■ Olive oil (extra virgin) <i>Sun stuffed chicken, Sun roasted veg, Thu romesco, general</i>	1 bottle	■ Dijon mustard <i>Mon burger, Mon salad dressing, Wed benedict hollandaise</i>	1 jar
■ Garlic powder <i>Sun Tuscan chicken, Thu sirloin</i>	1 jar	■ Onion powder <i>Sun Tuscan chicken seasoning</i>	1 jar

■ Paprika <i>Sun Tuscan chicken seasoning</i>	1 jar	■ Italian herbs <i>Sun Tuscan chicken, Sun roasted veg</i>	1 jar
■ Nutmeg (freshly grated) <i>Sun Tuscan stuffed chicken filling</i>	1 small	■ White pepper (ground) <i>Fri congee, Tue Yukon mash</i>	1 small jar
■ Sichuan peppercorn (optional) <i>Fri mapo tofu — optional numbing heat</i>	1 small bag	■ Red wine vinegar <i>Thu romesco sauce, Mon salad dressing</i>	1 bottle
■ Honey (raw) <i>Tue overnight oats, Wed + Thu snack parfait</i>	1 jar	■ Sea salt & black pepper <i>All week</i>	stocked
■ Light cooking spray <i>Sun chicken searing, Mon burger patties</i>	1 can		

■ Supplements & Household

■ Whey protein powder (shared) <i>Tue overnight oats, Sat smoothie</i>	1 container	■ Fish oil capsules — HIM <i>Heart health — age 52</i>	1 bottle
■ Vitamin D3 — HIM <i>Bone density support</i>	1 bottle	■ Magnesium glycinate — HIM <i>Sleep & recovery</i>	1 bottle
■ Multivitamin — HER <i>General coverage</i>	1 bottle	■ Sparkling water (shared) <i>Zero-cal soda substitute</i>	24-pack
■ Green tea bags (shared) <i>Metabolism support — continue through maintenance week</i>	1 box	■ Glass meal prep containers <i>Label HER / HIM + day — same system</i>	Set of 14
■ Toothpicks <i>Sun Tuscan stuffed chicken — to secure the filled breasts</i>	1 box	■ Aluminium foil <i>Tue pork chops reheating, Thu steak resting tent</i>	1 roll

Week 16 Tips

Tuscan chicken: toothpick to secure, sear before baking — the sear seals the filling in · Slow cooker: START THIS MORNING — 7-9 hrs LOW · Naan pizza: preheat pan or baking stone for crispier base · Romesco: use the remaining roasted red peppers Thursday — blend takes 2 min · Dan dan sauce: whisk sauce bowl first so wife can focus on cooking the noodles · Week 17 returns to deficit — enjoy this week fully!