

COUPLES WEIGHT LOSS · WEEK 17 · BACK TO DEFICIT · 4 MEALS PER DAY

Beginner Cook Week — Simple, Tasty, On Budget

■ Pita · ■ Baked Penne · ■ BLTA · ■ Simmer Sauce · ■ Ready Chili · ■ Cocktail Shrimp · ■ Air Fryer Salmon

■ HER — DEFICIT

~1,180–1,400 kcal/day

Back to weight loss

4 meals · Simple foods · Full flavour

■ HIM — DEFICIT

~1,720–1,930 kcal/day

Back to weight loss

4 meals · 5:3 portioning · Good food

■■■ **Beginner Cook Week:** Every dinner is designed so someone who has never cooked can follow it. Detailed step-by-step recipes for every meal are in the Recipe Guide section after the shopping list. ■■ **5:3 Portioning:** Divide the finished dish into 8 equal parts — Him gets 5, Her gets 3. Full guide in Recipe Guide. ■ **Pita options:** Baba ganoush listed first (smoky, closest to tahini sauce) — hummus is the backup if baba ganoush not available. Portions for both are on Sunday's dinner card. ■ **Hard-boil 6 eggs on Sunday:** They keep all week and cover Wed breakfast + Tue snack. **Consult your doctor before starting any new diet plan.**

■■ Self-Closing Leftover Loop — Cook dinner, get lunch free all week

Sun	■ Stuffed WW Pita (extra chicken)	→	Mon	Cold chicken & hummus bowl
Mon	■ Baked Ricotta Penne (big pan)	→	Tue	Penne reheated
Tue	■ BLTA (make extra bacon)	→	Wed	BLTA reassembled fresh
Wed	■ Masala Chicken + Rice	→	Thu	Masala bowl reheated
Thu	■ Panera Turkey Chili	→	Fri	Chili reheated
Fri	■ Cocktail Shrimp Salad	→	Sat	Cold shrimp over spring mix
Sat	■ Air Fryer Salmon	→	Sun	Cold salmon salad

Weekly Overview · 4 Meals Per Day

Day	■ Breakfast	■ Dinner	■ Cal	■ Cal
Sun	Blueberry Yogurt Parfait with Granola & Chia	Hummus/Baba Ganoush & Rotisserie Chicken Stuff	1,400	1,930
Mon	Sweet Ricotta Toast with Blueberries & Honey	Baked Ricotta Penne with Turkey Sausage & Spin	1,250	1,790
Tue	Overnight Oats with Banana & Peanut Butter	BLTA	1,330	1,900

Wed	Hard-Boiled Egg + WW Toast + Fresh Fruit	TJ's Masala Simmer Sauce over Rotisserie Chick	1,280	1,870
Thu	Mango Peanut Butter Protein Smoothie	Panera Turkey Chili + Whole Wheat Bread + Bagg	1,320	1,930
Fri	Blueberry Yogurt Parfait with Granola & Chia	Pre-Cooked Cocktail Shrimp over Bagged Salad K	1,220	1,720
Sat	Avocado Toast with Fried Egg	Air Fryer Salmon Fillet + Steam-in-Bag Green B	1,180	1,780

SUNDAY · ■ Beginner — Stuffed WW Pita Night

4 meals · Cook dinner double · Pack lunch before eating · ■■ orange = leftover · ■ Full recipes in Recipe Guide

■ Breakfast

Blueberry Yogurt Parfait with Granola & Chia Seeds

Chobani non-fat yogurt, fresh blueberries, low-sugar granola and chia seeds. Stir chia into yogurt and rest 10 min first for creamier texture. Layer and eat.

■ 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: Air Fryer Salmon Salad (from last Saturday)

Last Saturday's salmon broken into chunks and served cold over baby spring mix with cucumber, cherry tomatoes and lemon vinaigrette. Cold salmon over greens is excellent.

■ HER

Last Sat salmon, spring mix, cucumber, tomatoes, lemon vinaigrette

340 kcal

■ HIM

Last Sat salmon, generous spring mix, cucumber, tomatoes, vinaigrette

510 kcal

■ Snack

Apple + String Cheese + Almonds

Fresh Fuji apple sliced, 1 stick part-skim mozzarella string cheese, small handful of almonds. Satisfying mix of carbs, protein and fat.

■ HER

1 medium apple, 1 string cheese, 10 almonds

230 kcal

■ HIM

1 large apple, 1 string cheese, 14 almonds

310 kcal

■ Dinner

■ Hummus/Baba Ganoush & Rotisserie Chicken Stuffed WW Pita

ASSEMBLE ONLY — no cooking required. Shred rotisserie chicken (remove all skin first). Open Costco WW pita pocket. Spread your choice of sauce inside: BABA GANOUSH (smoky roasted eggplant — closest to tahini sauce) or ROASTED GARLIC HUMMUS (earthy, creamy). Fill with shredded chicken, baby spring mix or romaine, sliced cucumber, sliced tomato, red onion. Squeeze fresh lemon over everything. Set aside extra chicken for Monday lunch — store in airtight container in fridge.

■ HER

1 Costco WW pita, 3oz chicken, 2 tbsp baba ganoush OR 2 tbsp hummus, veg, lemon

480 kcal

■ HIM

1 Costco WW pita, 5oz chicken, 3 tbsp baba ganoush OR 3 tbsp hummus, veg, lemon

660 kcal

■ No cooking tonight — just assemble. Shred rotisserie chicken and set aside extra for Monday lunch in a sealed container. Also: hard-boil 6 eggs tonight — they keep all week in the fridge.

Daily Totals · Deficit

■ Her: 1,400 kcal

■ His: 1,930 kcal

MONDAY · ■ Italian — Baked Ricotta Penne

4 meals · Cook dinner double · Pack lunch before eating · ■■ orange = leftover · ■ Full recipes in Recipe Guide

■ Breakfast

■ Sweet Ricotta Toast with Blueberries, Honey & Lemon Zest

Toast 1–2 slices of WW bread. Spread 2–3 tbsp part-skim ricotta while toast is still warm. Top with fresh blueberries. Drizzle with honey. Add a little lemon zest if you have a lemon. Simple, creamy and satisfying.

■ HER

1 slice WW toast, 2 tbsp ricotta, ¼ cup blueberries, ½ tsp honey

280 kcal

■ HIM

2 slices WW toast, 3 tbsp ricotta, ■ cup blueberries, 1 tsp honey, lemon zest

390 kcal

■■ Lunch

■■ Leftover: Chicken & Hummus Bowl (from Sunday)

Sunday's extra shredded chicken served cold over fresh baby spring mix with cherry tomatoes, cucumber and a spoonful of baba ganoush or hummus on top. Squeeze of lemon. Zero cooking, 2 minutes to assemble.

■ HER

Sun shredded chicken, spring mix, tomatoes, cucumber, baba ganoush/hummus

350 kcal

■ HIM

Sun shredded chicken, generous spring mix, veg, extra baba ganoush/hummus

510 kcal

■ Snack

Chobani Greek Yogurt with Mixed Berries & Honey

Chobani non-fat Greek yogurt with fresh or frozen mixed berries (thawed) and a drizzle of honey. Quick and high protein.

■ HER

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

200 kcal

■ HIM

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

280 kcal

■ Dinner

■ Baked Ricotta Penne with Turkey Sausage & Spinach

The week's biggest cook. Full step-by-step recipe in the Recipe Guide section. Uses 6oz of your open ricotta plus one 12oz box of WW penne. Big 9×13 pan feeds dinner tonight and Tuesday lunch. Divide into 8 portions using 5:3 system — pack 5 his-portions and 3 her-portions for Tuesday before serving.

■ HER

~1.5 cups baked ricotta penne (3 portions of 8), side spring mix salad

420 kcal

■ HIM

~2.5 cups baked ricotta penne (5 portions of 8), side spring mix salad

610 kcal

■ Biggest cook night of the week. Full recipe in Recipe Guide. Also: prep Tuesday overnight oats before bed — stir ingredients in a jar, into the fridge, done.

Daily Totals · Deficit

■ Her: 1,250 kcal

■ His: 1,790 kcal

TUESDAY · ■ American — BLTA Night

4 meals · Cook dinner double · Pack lunch before eating · ■■ orange = leftover · ■ Full recipes in Recipe Guide

■ Breakfast

■ Overnight Oats with Banana, Peanut Butter & Chia

Prepped Monday night — just grab from the fridge. Rolled oats soaked in almond milk with protein powder, sliced banana, peanut butter and chia seeds. Eat straight from the jar — no heating needed.

■ HER

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

330 kcal

■ HIM

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

500 kcal

■■ Lunch

■■ Leftover: Baked Ricotta Penne (from Monday)

Monday's baked penne reheated. Cover the dish with damp paper towel and microwave 2–3 minutes. Or oven at 350F covered with foil for 15 min. The ricotta filling gets even creamier the next day.

■ HER

Mon baked ricotta penne reheated, 3 portions, damp paper towel microwave

400 kcal

■ HIM

Mon baked ricotta penne reheated, 5 portions, oven 350F 15 min

580 kcal

■ Snack

Edamame + Hard-Boiled Egg + Mandarin Oranges

Warm shelled edamame from the freezer (microwave 3 min in bag), hard-boiled egg from Sunday's batch (just peel and eat), fresh mandarin oranges. High protein, zero cooking.

■ HER

¾ cup shelled edamame, 1 hard-boiled egg, 2 mandarins

190 kcal

■ HIM

1 cup shelled edamame, 1 hard-boiled egg, 3 mandarins

260 kcal

■ Dinner

■ BLTA — Bacon, Lettuce, Tomato, Avocado & Alfalfa Sprouts

Fry or microwave centre-cut bacon. Toast WW bread. Mix ½ tbsp mayo + ½ tbsp Chobani non-fat for the spread. Layer: spread, lettuce, thick tomato slices, sliced avocado, bacon strips, alfalfa sprouts. Press and eat immediately (avocado browns if it sits). Make DOUBLE bacon and set aside extra for Wednesday lunch. Full recipe in Recipe Guide.

■ HER

2 slices WW toast, 2 bacon strips, ¼ avocado, tomato, romaine, alfalfa sprouts

410 kcal

■ HIM

2 slices WW toast, 3 bacon strips, ½ avocado, tomato, romaine, alfalfa sprouts

560 kcal

■ Simple night — air-fry or pan-fry bacon, toast bread, assemble. Make DOUBLE bacon and pack for Wed lunch. Full recipe in Recipe Guide.

Daily Totals · Deficit

■ Her: 1,330 kcal

■ His: 1,900 kcal

WEDNESDAY · ■ Indian — TJ's Masala Simmer Sauce

4 meals · Cook dinner double · Pack lunch before eating · ■■ orange = leftover · ■ Full recipes in Recipe Guide

■ Breakfast

Hard-Boiled Eggs + Whole Wheat Toast + Fresh Fruit

Grab pre-boiled eggs from Sunday's batch (already in fridge). Peel and eat. Toast WW bread. Add fresh fruit on the side — sliced banana, mandarin or berries, whatever you have. Zero cooking, 3 minutes.

■ HER

2 hard-boiled eggs, 1 slice WW toast, 1 mandarin or ½ banana

280 kcal

■ HIM

2 hard-boiled eggs, 2 slices WW toast, 1 banana or mandarin + almonds

430 kcal

■■ Lunch

■■ Leftover: BLTA Reassembled (from Tuesday)

Tuesday's extra bacon. Make a fresh BLTA using the stored cooked bacon — toast fresh bread, add all the toppings including fresh avocado (buy second avocado or use other half from Tuesday). Skip alfalfa sprouts if they're not handy. Add a squeeze of lemon over the avocado to keep it from browning.

■ HER

2 slices WW toast, Tue bacon strips, fresh avocado, tomato, lettuce

380 kcal

■ HIM

2 slices WW toast, Tue bacon strips, fresh avocado, tomato, lettuce, sprouts

530 kcal

■ Snack

Celery + Baby Carrots + Hummus + Red Grapes

Celery stalks and baby carrots with roasted garlic hummus for dipping, fresh red grapes on the side. Crunchy, fresh and filling.

■ HER

4 celery, 8 carrots, 3 tbsp hummus, ½ cup red grapes

200 kcal

■ HIM

5 celery, 10 carrots, 5 tbsp hummus, ¾ cup red grapes

290 kcal

■ Dinner

■ TJ's Masala Simmer Sauce over Rotisserie Chicken + Brown Rice Pouch

Shred remaining rotisserie chicken (no skin). Pour TJ's Masala Simmer Sauce into a pan over medium heat. Add chicken. Optionally add ½ can light coconut milk (instead of water) for creaminess — adds rich flavour at minimal calorie cost. Simmer 10 min. Microwave brown rice pouch 90 sec per package instructions. Serve chicken masala over rice. Full recipe in Recipe Guide. Make DOUBLE — save for Thursday lunch.

■ HER

3oz masala chicken, ½ cup TJ's masala sauce, ½ cup brown rice

420 kcal

■ HIM

5oz masala chicken, ¾ cup TJ's masala sauce, ¾ cup brown rice

620 kcal

■ Easiest dinner of the week — pour sauce, add chicken, simmer 10 min. Rice is 90 sec in microwave. Make DOUBLE and pack for Thu lunch. Rice night 1 of 2 ✓

Daily Totals · Deficit

■ Her: 1,280 kcal

■ His: 1,870 kcal

THURSDAY · ■ American — Panera Turkey Chili

4 meals · Cook dinner double · Pack lunch before eating · ■■ orange = leftover · ■ Full recipes in Recipe Guide

■ Breakfast

■ Mango Peanut Butter Protein Smoothie

Add frozen mango, peanut butter, protein powder and unsweetened almond milk to a blender. Add a handful of ice. Blend until smooth. Ready in 2 minutes. Full recipe in Recipe Guide.

■ HER

½ cup frozen mango, 1 tbsp PB, 1 scoop protein, 1 cup almond milk, ice

310 kcal

■ HIM

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

470 kcal

■■ Lunch

■■ Leftover: Masala Chicken Rice Bowl (from Wednesday)

Wednesday's masala chicken and rice reheated. Microwave 2 minutes with a damp paper towel over the top to keep it moist. The masala sauce gets richer overnight.

■ HER

Wed masala chicken + rice reheated, damp paper towel microwave 2 min

390 kcal

■ HIM

Wed masala chicken + rice reheated, extra sauce if available

580 kcal

■ Snack

Cottage Cheese with Fresh Peach & Walnuts

Low-fat cottage cheese with fresh peach slices (or canned in juice, not syrup) and a small handful of chopped walnuts. High protein, naturally sweet.

■ HER

½ cup cottage cheese, ½ peach, 6 walnut halves

210 kcal

■ HIM

¾ cup cottage cheese, 1 peach, 8 walnut halves

290 kcal

■ Dinner

■ Panera Turkey Chili + Whole Wheat Bread + Bagged Salad Kit

Open Panera Turkey Chili container. Pour into a small saucepan over medium heat. Stir occasionally, heat 5–8 minutes until bubbling. Alternatively microwave 3 min covered. Toast or warm WW bread slices. Open bagged salad kit, pour into bowl, add dressing (use HALF the packet only). Serve chili in a bowl with bread on the side and salad alongside. Store extra chili for Friday lunch.

■ HER

1.5 cups Panera Turkey Chili, 1 slice WW bread, ½ serving bagged salad kit

410 kcal

■ HIM

2.5 cups Panera Turkey Chili, 2 slices WW bread, ½ serving bagged salad kit

590 kcal

■ Simplest dinner of the week — open container, heat 5 min, open salad bag. Full guide in Recipe Guide. Make EXTRA chili — pack for Friday lunch.

Daily Totals · Deficit

■ Her: 1,320 kcal

■ His: 1,930 kcal

FRIDAY · ■ American — Cocktail Shrimp Salad

4 meals · Cook dinner double · Pack lunch before eating · ■■ orange = leftover · ■ Full recipes in Recipe Guide

■ Breakfast

Blueberry Yogurt Parfait with Granola & Chia Seeds

Repeat of Sunday's parfait — Chobani non-fat, blueberries, granola and chia. Stir chia into yogurt first, rest 10 min, layer with berries and granola.

■ 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: Panera Turkey Chili (from Thursday)

Thursday's extra chili reheated. Microwave 2–3 min covered or stovetop 5 min. Add a slice of WW bread or eat as-is.

■ HER

Thu turkey chili reheated, 1 slice WW bread optional

340 kcal

■ HIM

Thu turkey chili reheated, extra portion, 1 slice WW bread

500 kcal

■ Snack

Mixed Nuts + Mandarin Oranges

Small handful of mixed almonds, cashews and walnuts with fresh mandarin oranges. Simple, portable and satisfying.

■ HER

12 mixed nuts, 2 mandarins

210 kcal

■ HIM

16 mixed nuts, 3 mandarins

290 kcal

■ Dinner

■ Pre-Cooked Cocktail Shrimp over Bagged Salad Kit

DEFROST: Place shrimp bag in a large bowl of cold water for 15 minutes. Drain, pat dry with paper towel. SAUCE CHOICE: (A) Cocktail sauce — open jar, serve on side; (B) Greek Yogurt Remoulade — 3 tbsp Chobani + 1 tsp Dijon + 1 tsp lemon + pinch paprika, whisk in bowl (2 min); (C) Pour half the bagged salad kit dressing over shrimp and toss. SERVE: Open bagged salad kit, pour into bowl, add shrimp on top, add chosen sauce, toss gently. Set aside extra shrimp for Saturday lunch. Full recipe in Recipe Guide.

■ HER

4oz cocktail shrimp, ½ bagged salad kit, sauce of choice

320 kcal

■ HIM

6oz cocktail shrimp, ½ bagged salad kit, generous sauce

480 kcal

■ No cooking tonight — defrost shrimp 15 min, open salad bag, toss. Save extra shrimp for Saturday lunch. Full guide in Recipe Guide.

Daily Totals · Deficit

■ Her: 1,220 kcal

■ His: 1,720 kcal

SATURDAY · ■ American — Air Fryer Salmon

4 meals · Cook dinner double · Pack lunch before eating · ■■ orange = leftover · ■ Full recipes in Recipe Guide

■ Breakfast

■ Avocado Toast with Fried Egg & Everything Bagel Seasoning

Toast WW bread. Scoop avocado onto a plate, add a squeeze of lemon and a pinch of salt, smash with a fork until spreadable. Spread onto warm toast. Fry an egg in a non-stick pan with light cooking spray 2 min per side. Place on toast. Sprinkle everything bagel seasoning. Full recipe in Recipe Guide.

■ HER

1 slice WW toast, ¼ avocado, 1 fried egg, EBS, lemon

310 kcal

■ HIM

2 slices WW toast, ½ avocado, 2 fried eggs, EBS, cherry tomatoes

480 kcal

■■ Lunch

■■ Leftover: Cocktail Shrimp over Fresh Spring Mix (from Friday)

Friday's extra cocktail shrimp served cold over fresh baby spring mix with sliced cucumber and cherry tomatoes. Add a squeeze of lemon and leftover sauce from Friday. Zero cooking, 3 min assembly.

■ HER

Fri shrimp cold over spring mix, cucumber, tomatoes, lemon

300 kcal

■ HIM

Fri shrimp cold over spring mix, cucumber, tomatoes, extra sauce, lemon

460 kcal

■ Snack

Cucumber Rounds + Hummus + Mixed Nuts

Slice a cucumber into rounds. Arrange around a small bowl of roasted garlic hummus for dipping. Mixed nuts on the side.

■ HER

1 large cucumber sliced, 3 tbsp hummus, 8 mixed nuts

190 kcal

■ HIM

1 large cucumber sliced, 5 tbsp hummus, 12 mixed nuts

280 kcal

■ Dinner

■ Air Fryer Salmon Fillet + Steam-in-Bag Green Beans

SALMON: Pat salmon fillets dry with paper towel. Drizzle with olive oil. Sprinkle with garlic powder, smoked paprika, salt and pepper. Air fryer 400F for 10–12 minutes — DO NOT FLIP, the top gets a beautiful crust. Salmon is done when it flakes easily when pressed with a fork. GREEN BEANS: Microwave the steam-bag per package (usually 4–5 min). Open carefully — steam is hot. Squeeze lemon over both. Make EXTRA salmon — saves for Sunday lunch. Full recipe in Recipe Guide.

■ HER

5oz salmon fillet, garlic powder + paprika crust, steam bag green beans, lemon

380 kcal

■ HIM

7oz salmon fillet, garlic powder + paprika crust, steam bag green beans, lemon

560 kcal

■ Cook tonight: Air fryer salmon — simplest protein cook method there is. Make EXTRA fillet. Full step-by-step in Recipe Guide.

Daily Totals · Deficit

■ Her: 1,180 kcal

■ His: 1,780 kcal

Beginner Week — Simple Ingredients

1 rice night · 2 Costco rotisserie birds · Baba ganoush OR hummus

Proteins & Seafood

Costco rotisserie chicken <i>Sun pita (1 bird) + Wed masala sauce (1 bird) — shred warm, remove all skin</i>	2 whole birds	Lean Italian turkey sausage <i>Mon baked ricotta penne — replaces pork sausage</i>	1 lb
Pre-cooked cocktail shrimp (frozen) <i>Fri dinner + Sat leftover — defrost in cold water 15 min</i>	~2 lbs	Salmon fillet (fresh or frozen) <i>Sat air fryer — one 5oz (her) + one 7oz (him), or one larger fillet</i>	2 pieces
Centre-cut bacon <i>Tue BLTA dinner + Wed lunch — 5–6 strips total</i>	1 pack	Eggs (large) <i>Sun hard-boil 6 for week; Sat fried egg breakfast</i>	1.5 dozen
Whey/vanilla protein powder <i>Tue overnight oats, Thu smoothie</i>	1 container		

Produce & Vegetables

Baby spring mix <i>Sun parfait side, Mon chicken bowl, Fri shrimp salad, Sat leftover</i>	2 × 5oz bags	Romaine heart or iceberg leaf <i>Tue & Wed BLTA lettuce layers</i>	1 head
Alfalfa sprouts (small container) <i>Tue BLTA — found in produce near pre-packed herbs</i>	1 container	Baby spinach <i>Mon baked ricotta penne filling</i>	1 × 5oz bag
Avocado (ripe) <i>Tue BLTA, Wed BLTA leftover, Sat avocado toast</i>	3	Cherry tomatoes <i>Mon chicken bowl, Tue & Wed BLTA, Sat avocado toast</i>	1 pint
Tomatoes (medium, for BLTA) <i>Tue BLTA — thick slices work best</i>	3	Cucumber (large) <i>Sun pita, Mon bowl, Wed snack, Fri & Sat salad</i>	3
Celery (bunch) <i>Wed snack platter</i>	1	Baby carrots (bag) <i>Wed snack platter</i>	1 × 1 lb bag
Red onion (medium) <i>Sun pita stuffing</i>	1	Mandarin oranges (small) <i>Tue snack, Fri snack</i>	8
Red grapes (small bunch) <i>Wed snack</i>	1 bunch	Peach (fresh or canned in juice) <i>Thu snack</i>	2
Banana <i>Tue overnight oats, Thu smoothie</i>	3–4	Blueberries (fresh) <i>Sun + Fri parfait, Mon ricotta toast</i>	1 × 6oz container
Mixed berries (fresh or frozen) <i>Mon snack yogurt</i>	1 × 12oz bag	Mango (frozen) <i>Thu protein smoothie</i>	1 × 12oz bag
Lemon <i>Sun pita, Sat salmon, Fri shrimp, general</i>	3		

■ Dairy & Refrigerated

■ Chobani non-fat plain Greek yogurt <i>Sun + Fri parfait, Mon snack, Tue BLTA mayo blend, Fri sauce option</i>	2 × 32oz tubs	■ Part-skim ricotta <i>Mon: 2oz for Mon breakfast toast + 6oz for baked ricotta penne</i>	8oz container
■ Part-skim mozzarella (shredded) ■ Mon baked ricotta penne top layer	1 × 8oz bag	■ Parmesan (small wedge or pre-grated) ■ Mon baked ricotta penne	1 small
■ Low-fat cottage cheese <i>Thu snack</i>	1 × 16oz container	■ Part-skim mozzarella string cheese <i>Sun snack</i>	1 pack (6)
■ Mayo (regular) <i>Tue BLTA — use ½ + ½ Chobani blend</i>	1 small jar	■ Unsweetened almond milk <i>Tue overnight oats, Thu smoothie</i>	1 × half-gallon carton
■ Light coconut milk (optional) <i>Wed TJ's masala sauce — use half the can</i>	1 × 13.5oz can	■ Panera Turkey Chili (refrigerated section) <i>Thu dinner + Fri leftover</i>	2 containers
■ Roasted garlic hummus <i>Sun pita (if no baba ganoush), Wed snack, Sat snack</i>	1 large tub	■ Baba ganoush (if available) <i>Sun pita — smoky, closest to tahini sauce</i>	1 container
■ Bagged salad kits (Taylor Farms or similar) <i>Tue BLTA side, Thu chili side, Fri shrimp dinner — choose vinaigrette dressing, not creamy</i>	3 bags	■ Mixed nuts <i>Fri + Sat snack</i>	1 bag
■ Walnuts (halves) <i>Thu cottage cheese snack</i>	1 small bag		

■ Grains & Pantry

■ Costco WW pita (Kirkland) <i>Sun stuffed pita dinner</i>	1 pack (9 pitas)	■ Whole wheat bread (sliced loaf) <i>Mon ricotta toast, Tue & Wed BLTA, Thu chili side</i>	1 loaf
■ Whole wheat penne pasta ■ Mon baked ricotta penne	1 × 12oz box	■ Uncle Ben's Ready Rice — Brown Rice pouches <i>Wed masala chicken + Thu leftover</i>	2 pouches
■ Birds Eye Steam-in-Bag Green Beans ■ Sat steam side dish	1–2 bags	■ Steam-in-bag edamame (shelled) <i>Tue snack</i>	1 bag
■ Low-sodium marinara sauce (jar) ■ Mon baked ricotta penne — base sauce	2 × 14–24oz jars	■ Trader Joe's Masala Simmer Sauce <i>Wed Indian chicken dinner — find at Trader Joe's</i>	1 jar
■ Rolled oats <i>Tue overnight oats</i>	1 × 42oz canister	■ Chia seeds <i>Sun + Fri parfait, Tue overnight oats</i>	1 bag
■ Low-sugar granola <i>Sun + Fri yogurt parfait</i>	1 small bag	■ Natural peanut butter <i>Tue overnight oats, Thu smoothie</i>	1 jar
■ Honey (raw) <i>Mon ricotta toast, Mon + Fri yogurt, general</i>	1 jar	■ Everything bagel seasoning <i>Sat avocado toast</i>	1 small jar
■ Cocktail sauce (bottled) ■ Fri shrimp sauce option A	1 small jar	■ Olive oil (extra virgin) ■ Sat salmon, general cooking	1 bottle

■ Light cooking spray <i>Sat avocado toast egg, general</i>	1 can	■ Garlic powder ■ Sat salmon seasoning	1 jar
■ Smoked paprika ■ Sat salmon seasoning	1 jar	■ Italian seasoning ■ Mon baked ricotta penne	1 jar
■ Nutmeg (ground or whole) ■ Mon baked ricotta penne filling	1 small	■ Salt & black pepper <i>All week</i>	stocked
■ Dijon mustard <i>Fri shrimp remoulade sauce, Tue BLTA spread</i>	1 jar		

■ Supplements & Household

■ Whey protein powder <i>Tue overnight oats, Thu 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 <i>Zero-cal soda substitute</i>	24-pack
■ Paper towels <i>Pat salmon + shrimp dry — important for crisping</i>	1 roll	■ Mason jar or container with lid <i>Tue overnight oats + Mon oats — one per person</i>	2
■ Toothpicks or cocktail sticks <i>Closing pita if needed</i>	1 box	■ Aluminium foil <i>Mon baked penne reheating</i>	1 roll

Complete Step-by-Step Instructions for Every Meal

Written for someone who has never cooked before · Equipment guide · 5:3 portioning system · All breakfasts, lunches, dinners & snacks

■ EQUIPMENT YOU NEED THIS WEEK

Air fryer	Essential for Sat salmon. Any brand works. If you don't have one, see oven alternative in the salmon recipe.
Non-stick frying pan (medium, 10-inch)	Tue bacon. Sat fried eggs. Any non-stick pan works.
Medium saucepan	Thu turkey chili reheating. Any pot with a lid.
9×13 inch baking dish	Mon baked ricotta penne. Glass or metal both work.
Large mixing bowl	Mon penne — mixing all the ingredients together.
Small mixing bowl	Mon ricotta filling, Fri shrimp sauce, general mixing.
Blender	Thu protein smoothie. A bullet blender or regular both work.
Baking sheet + wire rack (optional)	Mon baked penne — alternatively use the baking dish directly.
Measuring cups and spoons	Follow all recipes exactly until you feel confident.
Meat thermometer (optional)	Salmon is done at 145F internally if you want to be precise.
Mason jars or airtight containers	Overnight oats (Tue), leftover storage all week.
Paper towels	Patting shrimp and salmon dry before cooking — critical step for crisping.

■■ THE 5:3 PORTIONING SYSTEM

How it works	Divide the finished dish into 8 equal portions. Give Him 5 portions. Give Her 3 portions. This gives him approximately 62.5% and her 37.5% of the total meal.
Visualising 8 portions	For a 9×13 pan (like the baked penne): cut 2 lines across the short side and 3 lines down the long side = 8 equal rectangles. Him gets 5 pieces. Her gets 3 pieces.
For double batches (dinner + lunch)	Cook once, eat twice. After dividing into 8 portions: pack His 5 portions in one container (for dinner) and ANOTHER His 5 portions in a second container (for lunch tomorrow). Same for Her: 3 dinner portions + 3 lunch portions = pack before serving. Label the containers.

**For the pita / BLTA /
salads**

These are individual assemblies, not a shared pot. Just follow the His/Her portion amounts listed on each daily card.

For soups and sauces

Measure by cup or ladle. If the recipe makes ~8 cups total: Her gets 3 cups, Him gets 5 cups. Simple.

■ BREAKFAST RECIPES — Week 17

■ YOGURT PARFAIT with Blueberries, Granola & Chia (Sun & Fri)

■ 5 minutes · No cooking · Skill: Zero

■ EQUIPMENT: Small bowl or tall glass · Spoon

■ HER INGREDIENTS

- ¾ cup Chobani non-fat plain Greek yogurt
- ½ cup fresh blueberries
- 2 tbsp low-sugar granola
- 1 tbsp chia seeds
- Optional: ½ tsp honey drizzle

■ HIS INGREDIENTS

- 1 cup Chobani non-fat plain Greek yogurt
- ¾ cup fresh blueberries
- 3 tbsp low-sugar granola
- 1 tbsp chia seeds
- 1 tsp honey drizzle

■ STEP-BY-STEP INSTRUCTIONS

- 1 10 minutes before you want to eat (the night before works too): spoon the yogurt into your bowl. Stir the chia seeds directly into the yogurt. Leave for 10 minutes — the chia seeds will absorb liquid and make the yogurt thicker.
- 2 After 10 minutes, add the blueberries on top.
- 3 Sprinkle the granola over the blueberries.
- 4 Drizzle honey over everything if using.
- 5 Eat immediately, or cover and refrigerate overnight to eat in the morning.

■ TIP: If you stir the chia seeds in the night before, the parfait is even thicker and creamier in the morning. The chia turns the yogurt into something closer to pudding texture.

■ SWEET RICOTTA TOAST with Blueberries & Honey (Mon)

■ 5 minutes · Toaster only · Skill: Zero

■ EQUIPMENT: Toaster or toaster oven · Knife or spoon for spreading

■ HER INGREDIENTS

- 1 slice whole wheat bread
- 2 tbsp part-skim ricotta cheese
- ¼ cup fresh blueberries
- ½ tsp raw honey
- Optional: a pinch of lemon zest (grate lemon skin on a cheese grater)

■ HIS INGREDIENTS

- 2 slices whole wheat bread
- 3 tbsp part-skim ricotta cheese
- ■ cup fresh blueberries
- 1 tsp raw honey
- Optional: pinch of lemon zest

■ STEP-BY-STEP INSTRUCTIONS

- 1 Put the bread in the toaster and toast to your preferred level (medium-dark works well here).

- 2 While still warm, spread the ricotta across the surface of the toast using a spoon or knife. The warmth of the toast softens the ricotta slightly.
- 3 Add the fresh blueberries on top — scatter them across the ricotta.
- 4 Drizzle the honey over everything in a thin stream.
- 5 Add a tiny pinch of lemon zest if you have it — it brightens the whole thing.
- 6 Eat immediately while the toast is still warm.

■ *TIP: The ricotta melts very slightly into the warm toast. Don't skip this step of eating it warm — cold ricotta on cold toast is a completely different (and less impressive) experience.*

■ OVERNIGHT OATS with Banana & Peanut Butter (Tue) — PREP MONDAY NIGHT

■ 5 min prep · 0 min morning · Skill: Zero

■ *EQUIPMENT: Mason jar or container with tight lid (one per person) · Spoon*

■ HER INGREDIENTS

- ■ cup rolled oats
- 1 scoop vanilla protein powder
- 1 tbsp natural peanut butter
- ½ banana (slice the other half into the jar)
- 1 tbsp chia seeds
- ¾ cup unsweetened almond milk
- Optional: ½ tsp honey

■ HIS INGREDIENTS

- ½ cup rolled oats
- 1.5 scoops vanilla protein powder
- 1.5 tbsp natural peanut butter
- 1 whole banana (sliced)
- 1 tbsp chia seeds
- 1 cup unsweetened almond milk
- 1 tsp honey

■ STEP-BY-STEP INSTRUCTIONS

- 1 MONDAY NIGHT: Get two mason jars or airtight containers — one for her, one for him.
- 2 Add the oats, protein powder, chia seeds and peanut butter to each jar.
- 3 Pour in the almond milk. The oats should be submerged — add a splash more milk if needed.
- 4 Stir everything together well. Slice the banana and stir that in too.
- 5 Drizzle in honey if using. Stir one more time.
- 6 Put the lids on tight. Put both jars in the fridge.
- 7 TUESDAY MORNING: Pull the jars from the fridge and eat straight from the jar. No heating, no cooking. The oats have absorbed the milk overnight and are soft and creamy.

■ *TIP: If the oats seem too thick in the morning, add a splash of almond milk and stir. If they're too thin, add more oats next time. Eat within 48 hours.*

■ HARD-BOILED EGGS + WW TOAST + FRUIT (Wed) — PREP SUNDAY NIGHT

■ **12 min boil (Sunday) · 3 min morning (Wed) · Skill: Minimal**

■ *EQUIPMENT: Medium saucepan · Toaster · Timer*

■ **INGREDIENTS**

- 6 large eggs (boil all Sunday — they keep a full week in the fridge)
- 1 pinch salt (for the water)
- WW bread — 1 slice (her), 2 slices (him)
- 1 banana or 2 mandarins per person (or whatever fruit you have)
- Optional: a few almonds on the side

■ **STEP-BY-STEP INSTRUCTIONS**

- 1** SUNDAY NIGHT: Place 6 eggs in a saucepan. Cover with cold water by about 1 inch. Add a pinch of salt.
- 2** Put the pan on the stove. Turn the heat to HIGH. Wait for the water to boil — you'll see bubbles breaking the surface.
- 3** Once boiling, turn the heat to MEDIUM and set a timer for 10 minutes (for fully set yolk) or 8 minutes (for slightly jammy yolk).
- 4** When the timer goes off, pour the hot water out of the pan. Run cold water over the eggs for 30 seconds to stop them cooking.
- 5** Leave the eggs in the cold water for 5 minutes. Transfer to a sealed container in the fridge. Label: 'EGGS — GOOD UNTIL [Saturday]'.
- 6** WEDNESDAY MORNING: Pull 2 eggs from the fridge (her) or 2 eggs (him). Peel them — crack the shell gently all over on the counter, then peel under a tiny stream of running water (makes it easier).
- 7** Toast your WW bread. Peel and eat the eggs, eat the toast, eat the fruit. Done.

■ *TIP: Don't boil the eggs more than 10 minutes or you get a grey ring around the yolk — still safe to eat but not as nice. 8–10 minutes is the sweet spot.*

■ **MANGO PEANUT BUTTER PROTEIN SMOOTHIE (Thu)**

■ **3 minutes · Blender only · Skill: Zero**

■ *EQUIPMENT: Blender (any type) · Glass*

■ **HER INGREDIENTS**

- ½ cup frozen mango chunks (straight from the bag — frozen is perfect)
- 1 scoop vanilla protein powder
- 1 tbsp natural peanut butter
- 1 cup unsweetened almond milk
- Small handful of ice cubes

■ **HIS INGREDIENTS**

- ¾ cup frozen mango chunks
- 1.5 scoops vanilla protein powder
- 1.5 tbsp natural peanut butter
- 1 cup unsweetened almond milk
- Small handful of ice

■ **STEP-BY-STEP INSTRUCTIONS**

- 1** Add the almond milk to the blender first (always add liquid first — it helps the blender run smoothly).
- 2** Add the frozen mango, peanut butter, protein powder and ice.

- 3 Put the lid on TIGHTLY. Hold the lid down with one hand the first time you use any blender.
- 4 Blend on high for 30–45 seconds until completely smooth. No chunks should remain.
- 5 Pour into a glass and drink immediately.

■ *TIP: The frozen mango acts as your ice — you don't need much extra ice. If it's too thick, add a splash of almond milk and blend 5 more seconds. Natural peanut butter is runnier than regular PB — it blends easier.*

■ AVOCADO TOAST with FRIED EGG & Everything Bagel Seasoning (Sat)

■ 8 minutes · Stovetop + toaster · Skill: Minimal

■ *EQUIPMENT: Toaster · Small non-stick frying pan · Fork · Spatula*

■ HER INGREDIENTS

- 1 slice WW bread
- ¼ avocado (ripe — should give slightly when pressed)
- 1 large egg
- ½ tsp lemon juice (a small squeeze)
- Pinch of salt
- Everything bagel seasoning to taste
- Light cooking spray

■ HIS INGREDIENTS

- 2 slices WW bread
- ½ avocado
- 2 large eggs
- 1 tsp lemon juice
- Pinch of salt
- Everything bagel seasoning
- Light cooking spray

■ STEP-BY-STEP INSTRUCTIONS

- 1 Start toasting the bread.
- 2 While bread toasts: scoop the avocado out of the skin onto a small plate. Add a squeeze of lemon and a pinch of salt. Mash with a fork until mostly smooth — a few chunks are fine and normal.
- 3 Heat a small non-stick pan over MEDIUM heat (dial at 5-6 out of 10). Spray lightly with cooking spray.
- 4 Crack the egg(s) into the pan. TRICK: crack on a flat surface not the pan edge — you're less likely to get shell in it. The white should set within 1–2 minutes.
- 5 For sunny-side up: cook 2–3 min without flipping until whites are set but yolk still runny. For over-easy: flip after 2 min, cook 30 more seconds.
- 6 While egg cooks: spread the smashed avocado on the warm toast.
- 7 Slide the egg on top of the avocado toast. Sprinkle everything bagel seasoning generously.
- 8 Eat immediately.

■ *TIP: How to tell if an avocado is ripe: hold it in your palm and press gently. It should give slightly but not feel mushy. Bright green = not ready. Very dark and mushy = past it. Dark but firm with slight give = perfect.*

■ DINNER RECIPES — Week 17

■ STUFFED WW PITA — Chicken + Baba Ganoush or Hummus (Sun)

■ 10 minutes · No cooking · Skill: Zero — just assemble

■ *EQUIPMENT: Cutting board · Sharp knife · Two plates*

■ INGREDIENTS

- 1 Costco WW pita per person
- Her: 3oz shredded rotisserie chicken · Him: 5oz shredded rotisserie chicken
- Her: 2 tbsp baba ganoush OR hummus · Him: 3 tbsp baba ganoush OR hummus
- Baby spring mix or romaine lettuce — generous amount
- ½ cucumber, thinly sliced
- 1 medium tomato, sliced
- ¼ small red onion, thinly sliced
- 1 lemon
- Extra rotisserie chicken for Monday lunch — store in sealed container

■ STEP-BY-STEP INSTRUCTIONS

- 1 Remove the rotisserie chicken from the bag. Pull the skin off every piece and throw it away — the skin is where most of the fat and calories are. Pull the chicken meat off the bones using your fingers or two forks.
- 2 Weigh the chicken using a kitchen scale. Her gets 3oz, him gets 5oz. Set aside the remaining chicken in a sealed container for Monday lunch.
- 3 Slice the cucumber into thin rounds. Slice the tomato. Thinly slice the red onion.
- 4 Hold the pita with two hands and gently open the pocket. Be careful — fresh pita can tear. If it won't open, use a knife to gently cut along the top edge.
- 5 Spread your baba ganoush or hummus inside the pocket with a spoon. Get it on both inner surfaces.
- 6 Stuff in the chicken first, then the lettuce, then cucumber, tomato and red onion.
- 7 Squeeze a wedge of fresh lemon over the filling before closing.
- 8 Eat immediately — the pita gets soggy if it sits too long.

■ *TIP: BABA GANOUSH vs HUMMUS: Baba ganoush is made from roasted eggplant — it has a smoky, earthy flavour closest to the tahini sauce you usually use. Hummus is made from chickpeas — milder, creamier. Either works. If your store has both, try the baba ganoush first.*

■ BAKED RICOTTA PENNE with Turkey Sausage & Spinach (Mon)

■ 15 min prep + 30 min bake · Stovetop + oven · Skill: Beginner (most complex night)

■ *EQUIPMENT: Large pot for pasta · Large frying pan · 9×13 baking dish · Large mixing bowl · Small mixing bowl · Colander (pasta strainer) · Oven mitts*

■ INGREDIENTS

- 12oz whole wheat penne pasta
- 1 lb lean Italian turkey sausage
- 6oz part-skim ricotta (the remainder of your 8oz container)
- 1 large egg
- ¼ cup grated Parmesan cheese
- ½ tsp Italian seasoning
- Pinch of nutmeg
- Salt and black pepper
- 4 cups baby spinach (about 1 full 5oz bag)
- 2 × 14oz jars low-sodium marinara sauce
- 1 cup part-skim shredded mozzarella
- 1 tbsp olive oil
- 4 cloves garlic (or ½ tsp garlic powder if you don't want to chop garlic)

■ STEP-BY-STEP INSTRUCTIONS

- 1** HEAT OVEN TO 375F. Find the temperature dial on your oven and turn it to 375. Give it 15–20 minutes to preheat while you work.
- 2** COOK THE PASTA: Fill a large pot ¾ full with water. Add a generous pinch of salt. Put it on the stove on HIGH heat. Wait for it to boil (big bubbles everywhere). Add the penne. Cook 2 minutes LESS than the package says — it will finish cooking in the oven. Drain through a colander in the sink.
- 3** COOK THE SAUSAGE: While water boils, put a large frying pan on MEDIUM-HIGH heat (dial at 7). Add 1 tbsp olive oil. Add the turkey sausage. Break it apart with a spoon into crumbles. Cook stirring occasionally for 5–7 minutes until no pink remains. Add the garlic, cook 1 more minute. Turn off heat.
- 4** MAKE THE RICOTTA MIX: In a small bowl, combine the 6oz ricotta + 1 egg + Parmesan + Italian seasoning + nutmeg + pinch of salt and pepper. Stir together until combined.
- 5** COMBINE EVERYTHING: In your large mixing bowl, add the drained pasta + cooked sausage + both jars of marinara sauce + baby spinach. Toss everything together. The spinach will wilt slightly from the warmth — that's fine.
- 6** ADD RICOTTA: Drop spoonfuls of the ricotta mixture into the pasta bowl. Fold it through gently — you want visible streaks of white ricotta, not fully mixed in.
- 7** TRANSFER TO BAKING DISH: Pour everything into the 9×13 baking dish. Spread evenly. Sprinkle the 1 cup shredded mozzarella across the top.
- 8** BAKE: Cover tightly with foil. Bake 25 minutes covered. Remove foil, bake 5–8 more minutes until the cheese is golden and bubbling.
- 9** REST: Let it sit 10 minutes before scooping — it sets up and serves cleaner.
- 10** PORTION USING 5:3 SYSTEM: Divide the pan into 8 equal portions (see portioning guide). Pack His 5 portions for Tuesday lunch in a container. Her 3 portions for Tuesday lunch in a separate container. Then serve the remaining dinner portions.

■ *TIP: This is the most steps of any dinner this week but most of it is just waiting — for the water to boil, for the oven to preheat, for the bake time. Once everything is in the baking dish you can relax for 30 minutes.*

■ BLTA — Bacon, Lettuce, Tomato, Avocado & Alfalfa Sprouts (Tue)

■ 10 minutes · Stovetop or air fryer · Skill: Zero

■ *EQUIPMENT: Non-stick frying pan OR air fryer · Toaster · Cutting board · Knife*

■ HER INGREDIENTS

- 2 slices whole wheat bread
- 2 strips centre-cut bacon
- ¼ avocado (ripe)
- 2–3 thick slices of tomato
- 2–3 leaves romaine lettuce
- Small handful alfalfa sprouts
- ½ tbsp mayo + ½ tbsp Chobani non-fat (mixed together = the spread)
- Squeeze of lemon

■ HIS INGREDIENTS

- 2 slices whole wheat bread
- 3 strips centre-cut bacon
- ½ avocado (ripe)
- 3–4 thick tomato slices
- 3 leaves romaine lettuce
- Generous handful alfalfa sprouts
- ½ tbsp mayo + ½ tbsp Chobani non-fat (mixed)
- Squeeze of lemon

■ STEP-BY-STEP INSTRUCTIONS

- 1 **COOK BACON** — make all strips at once (you need extra for Wednesday lunch): **PAN METHOD:** Lay bacon strips in a cold non-stick pan. Turn to **MEDIUM** heat (dial at 5). Cook 3–4 min per side until crispy to your liking. Remove to a paper towel to drain. **AIR FRYER METHOD:** Lay strips flat in basket, 375F for 8–10 min — check at 8 min.
- 2 While bacon cooks: Toast your WW bread.
- 3 **MIX THE SPREAD:** In a small bowl, stir together ½ tbsp mayo + ½ tbsp Chobani non-fat. This gives you the creamy flavour of mayo at half the calories.
- 4 **SLICE THE AVOCADO:** Cut avocado in half lengthwise around the pit. Twist to separate. Remove pit with a spoon. Scoop avocado out of the skin. Slice thinly. Squeeze a little lemon over it immediately so it doesn't turn brown.
- 5 **ASSEMBLE** (order matters for structural integrity): Spread the mayo-yogurt blend on both slices of toast. Bottom slice: lettuce, then thick tomato slices, then bacon strips, then avocado slices, then alfalfa sprouts on top. Place second toast slice on top, spread-side down.
- 6 **PACK WEDNESDAY LUNCH:** Set aside the extra cooked bacon strips in a sealed container in the fridge.
- 7 Eat immediately — avocado turns brown if it sits.

■ *TIP: The alfalfa sprouts go on LAST, right under the top slice — if they go on the bottom they fall out everywhere. The lemon on the avocado is not optional — it prevents browning if you're assembling even 5 minutes ahead.*

■ TJ'S MASALA CHICKEN over BROWN RICE (Wed)

■ 12 minutes · Stovetop + microwave · Skill: Zero — pour and simmer

■ *EQUIPMENT: Medium saucepan · Spoon · Microwave*

■ HER INGREDIENTS

- 3oz shredded rotisserie chicken (no skin)
- About ½ cup Trader Joe's Masala Simmer Sauce

■ HIS INGREDIENTS

- 5oz shredded rotisserie chicken (no skin)
- About ¾ cup Trader Joe's Masala Simmer Sauce

• ¼ cup light coconut milk (optional — replaces water for richness)

• ¼ cup light coconut milk (optional)

• 1 Uncle Ben's Ready Rice Brown Rice pouch

• 1 Uncle Ben's Ready Rice Brown Rice pouch

■ STEP-BY-STEP INSTRUCTIONS

- 1 Shred the rotisserie chicken into pieces using two forks or your fingers. Remove ALL skin. Weigh portions on a kitchen scale.
- 2 Open the TJ's Masala Simmer Sauce jar. Pour it into a medium saucepan.
- 3 Add the chicken to the sauce. If using light coconut milk: add ¼ cup to the pan (pour straight from the can). If not using: add ¼ cup water instead to thin the sauce slightly.
- 4 Turn the heat to MEDIUM (dial at 5–6). Stir everything together. Wait for the sauce to start bubbling gently — you'll see small bubbles around the edges.
- 5 Once bubbling, turn heat to LOW. Stir and let it simmer gently for 8–10 minutes. The chicken absorbs the sauce and the whole thing comes together.
- 6 RICE: 2 minutes before the chicken is done, microwave the Uncle Ben's Ready Rice pouch for 90 seconds per the package instructions. Squeeze and tear open carefully — steam will escape.
- 7 Serve the masala chicken over the rice. MAKE DOUBLE — after dividing tonight's portions, pack the remaining chicken and rice into containers for Thursday lunch.

■ *TIP: If you're using light coconut milk from a can: shake the can before opening (the cream and liquid separate). Use only ¼ can — pour the rest into a sealed container and refrigerate up to 5 days or freeze.*

■ PANERA TURKEY CHILI + WW BREAD + BAGGED SALAD (Thu)

■ 8 minutes · Stovetop · Skill: Zero — open and heat

■ *EQUIPMENT: Medium saucepan · Can opener (if needed) · Bowl · Large salad bowl*

■ HER INGREDIENTS

- 1.5 cups Panera Turkey Chili (from refrigerated container)
- 1 slice whole wheat bread
- ½ serving bagged salad kit
- USE ONLY HALF THE DRESSING PACKET

■ HIS INGREDIENTS

- 2.5 cups Panera Turkey Chili
- 2 slices whole wheat bread
- ½ serving bagged salad kit
- USE ONLY HALF THE DRESSING PACKET

■ STEP-BY-STEP INSTRUCTIONS

- 1 Open the Panera Turkey Chili container. Pour the contents into a medium saucepan.
- 2 Turn heat to MEDIUM (dial at 5). Stir occasionally. Heat for 5–8 minutes until hot and steaming. You'll see it bubbling gently around the edges when it's ready.
- 3 ALTERNATIVELY: Pour into a microwave-safe bowl. Microwave 3 minutes, stir halfway through.
- 4 BAGGED SALAD: Open the bag. Pour the greens into a large bowl. Add the toppings from the separate pouches inside the kit. ADD ONLY HALF the dressing packet — the full packet is designed for a larger portion and adds unnecessary calories. Toss together.
- 5 Toast the WW bread if you like warm bread with chili.
- 6 Serve chili in a bowl with bread on the side and salad alongside.

7 PACK FRIDAY LUNCH: Measure out the remaining chili portions into a sealed container for Friday. Label it.

■ *TIP: The half-dressing-packet rule applies to almost all bagged salad kits. The full packet is designed for a family serving, not a single side salad. Half the packet is plenty — you can always add more but can't take it away.*

■ COCKTAIL SHRIMP over BAGGED SALAD KIT (Fri)

■ 18 min (15 min defrost + 3 min assembly) · No cooking · Skill: Zero

■ *EQUIPMENT: Large bowl (for defrosting) · Paper towels · Colander · Large salad bowl*

■ HER INGREDIENTS

- 4oz pre-cooked cocktail shrimp (frozen)
- ½ serving bagged salad kit
- SAUCE CHOICE: (A) cocktail sauce from jar OR (B) Greek yogurt remoulade OR (C) half the kit's dressing

■ HIS INGREDIENTS

- 6oz pre-cooked cocktail shrimp
- ½ serving bagged salad kit
- Sauce of choice

■ STEP-BY-STEP INSTRUCTIONS

- 1** DEFROST THE SHRIMP: Place the shrimp in a colander or strainer. Set the colander inside a large bowl. Fill the bowl with cold water until the shrimp are submerged. Let sit for 15 minutes. The shrimp are already cooked — you're just thawing them.
- 2** After 15 minutes, lift the colander out. Shake gently to drain. Pat the shrimp dry with paper towels — this is important, wet shrimp make a watery salad.
- 3** SAUCE OPTION A (easiest): Open the cocktail sauce jar, pour into a small dish on the side for dipping.
- 4** SAUCE OPTION B (best): In a small bowl whisk together: 3 tbsp Chobani non-fat + 1 tsp Dijon mustard + 1 tsp fresh lemon juice + pinch of smoked paprika + pinch of salt. Takes 2 minutes and tastes fantastic.
- 5** SAUCE OPTION C (zero effort): Use half the bagged salad kit dressing over everything.
- 6** OPEN SALAD KIT: Pour greens into a large bowl. Add the kit's toppings. Add HALF the dressing packet. Toss together.
- 7** Place the shrimp on top of the dressed salad. Add your chosen sauce over or alongside the shrimp.
- 8** SAVE EXTRA SHRIMP for Saturday lunch — store in a sealed container in the fridge.

■ *TIP: Never defrost shrimp in warm or hot water — they start to cook unevenly and become rubbery. Cold water only, 15 minutes, always works perfectly.*

■ AIR FRYER SALMON + STEAM-BAG GREEN BEANS (Sat)

■ 15 minutes · Air fryer + microwave · Skill: Minimal

■ *EQUIPMENT: Air fryer · Paper towels · Small bowl for seasoning · Microwave*

■ HER INGREDIENTS

- 1 salmon fillet (~5oz) — skin on or off, both work
- 1 tsp olive oil
- ¼ tsp garlic powder

■ HIS INGREDIENTS

- 1 salmon fillet (~7oz)
- 1 tsp olive oil
- ¼ tsp garlic powder

- ¼ tsp smoked paprika

- ¼ tsp smoked paprika

- Salt and black pepper to taste

- Salt and black pepper

- 1 lemon wedge for serving

- 1 lemon wedge

■ STEP-BY-STEP INSTRUCTIONS

- 1** Take the salmon out of the fridge 10 minutes before cooking. Cold salmon straight from the fridge cooks less evenly.
- 2** Pat BOTH sides of the salmon dry with a paper towel. Press firmly. This is one of the most important steps — moisture prevents the crust from forming.
- 3** Drizzle 1 tsp of olive oil over the top of the salmon (the non-skin side). Use your finger to spread it evenly.
- 4** Sprinkle the garlic powder, smoked paprika, salt and pepper over the oiled surface.
- 5** PREHEAT the air fryer to 400F for 3 minutes (most air fryers have a preheat function, or just run it empty for 3 min).
- 6** Place the salmon in the air fryer basket SKIN-SIDE DOWN (skin facing the bottom of the basket). DO NOT stack or overlap.
- 7** Cook at 400F for 10–12 minutes. DO NOT FLIP. The top will develop a slightly crispy crust, the inside will be perfectly cooked.
- 8** HOW TO TELL WHEN DONE: Press the thickest part gently with a fork. If it flakes apart easily = done. If it feels solid and resists = needs 1–2 more minutes.
- 9** STEAM BEANS: With 5 minutes left on the salmon, put the steam-bag green beans in the microwave. Follow package directions (usually 4–5 min). Open CAREFULLY — point the steam vent away from you.
- 10** Squeeze fresh lemon over both the salmon and the green beans before serving.
- 11** SAVE EXTRA: Cook an extra fillet for Sunday's lunch — store in the fridge.

■ **TIP: OVEN ALTERNATIVE** if you don't have an air fryer: Line a baking sheet with foil. Place salmon skin-side down. Bake at 425F for 12–15 minutes. The top won't be as crispy but it will taste excellent. Check doneness the same way.

■ COMBINED SNACK GUIDE — Week 17

Sun — Apple + String Cheese + Almonds	Slice the apple. Open the string cheese wrapper and peel it into strips. Pour 10 (her) or 14 (him) almonds into a small bowl. Done.
Mon — Greek Yogurt with Berries & Honey	Spoon yogurt into a bowl. Add berries on top. Drizzle honey. Eat.
Tue — Edamame + Hard-Boiled Egg + Mandarins	Edamame: microwave the steam bag 3 min, open carefully. Peel a hard-boiled egg from Sunday's batch. Peel 2–3 mandarins.
Wed — Celery + Carrots + Hummus + Grapes	No prep. Open hummus container, pull out vegetables, pull grapes off the bunch. Dip and eat.
Thu — Cottage Cheese + Peach + Walnuts	Spoon cottage cheese into a bowl. Slice the peach on top. Add 6–8 walnut halves. Eat.
Fri — Mixed Nuts + Mandarin Oranges	Pour 12 (her) or 16 (him) mixed nuts into a bowl. Peel mandarins. Done.
Sat — Cucumber Rounds + Hummus + Mixed Nuts	Slice the cucumber into rounds. Open hummus. Pour nuts into a bowl. Arrange and dip.

■■ LEFTOVER REHEATING GUIDE — All Week Lunches

Mon — Chicken Pita Bowl (from Sun)	No reheating needed. Place Sunday's extra shredded chicken cold over fresh baby spring mix. Add cherry tomatoes, sliced cucumber, a spoonful of baba ganoush or hummus on top. Squeeze of lemon. 2 min assembly.
Tue — Baked Ricotta Penne (from Mon)	Method A (microwave): Cover the container with a damp paper towel. Microwave 2–3 minutes. Stir halfway. Method B (oven): Cover with foil, heat at 350F for 15 minutes. The ricotta gets even creamier the second day.
Wed — BLTA Reassembled (from Tue)	Toast fresh WW bread. Use the bacon strips from Tuesday (stored in fridge). Add fresh avocado (squeeze lemon immediately). Reassemble the sandwich fresh — the bread, tomato and lettuce are better fresh than stored assembled.
Thu — Masala Chicken Rice Bowl (from Wed)	Microwave the masala chicken and rice together 2 minutes, damp paper towel on top. Stir once. The sauce thickens slightly overnight — add a tiny splash of water before microwaving if it seems dry.
Fri — Panera Turkey Chili (from Thu)	Microwave 2–3 min covered or stovetop 5 min on medium heat, stirring occasionally. Serve with a slice of WW bread if desired.
Sat — Cocktail Shrimp Salad (from Fri)	No reheating — eat cold. Place Friday's extra shrimp over fresh baby spring mix with cucumber and cherry tomatoes. Squeeze of lemon. Add leftover sauce from Friday if available.
Sun — Cold Salmon Salad (from Sat)	Break Saturday's extra cooked salmon into chunks over baby spring mix. Add cucumber and cherry tomatoes. Squeeze of lemon. Light drizzle of olive oil. Cold salmon over greens is genuinely excellent.

Week 17
Key
Reminders

Hard-boil 6 eggs Sunday night — saves time Wed + Tue · Prep overnight oats Monday night (for Tue breakfast) · Pat shrimp and salmon DRY before cooking — most important crisping step · Defrost shrimp in COLD water only — 15 min · Bagged salad dressing: use HALF the packet, not the whole thing · 5:3 portioning: Him 5 parts, Her 3 parts, out of 8 total · Baba ganoush = smoky roasted eggplant dip — closest to your tahini sauce