

COUPLES WEIGHT LOSS · WEEK 18 · DEFICIT · 4 MEALS + PLANNED DESSERT

Sale Week at Ralphs — 5 Great Dinners

■ Tri-Tip · ■ NEW Tilapia · ■ Sheet Pan Chicken · ■ Honey Garlic Shrimp · ■■ Bolognese with Rao's

Fri & Sat: Eating Out — No Plan Needed

■ HER — DEFICIT

~1,200–1,365 kcal/day

Dessert included in daily total

■ HIM — DEFICIT

~1,750–1,970 kcal/day

Dessert included in daily total

■ **SHOPPING NOTE:** Ralphs sale runs Wednesday July 22 – Tuesday July 28. Shop Wednesday or Thursday to catch all prices. **Ground Turkey BUY 2 GET 1 FREE** — buy 3 lbs total: use 1 lb Thursday, freeze 2 lbs for future weeks. **Thomas' Bagels BOGO** — get bagels for Sunday AND English muffins for a future eggs benedict. ■■ **Dessert plan:** Watermelon Sun/Tue/Thu · Outshine Bar Mon/Wed. Both fully portioned and included in each day's calorie total. **Fri & Sat eating out — no plan needed this week. Consult your doctor before starting any new diet plan.**

■■ **BEST SALE DEALS THIS WEEK:** Chicken \$2.49/lb · Tri-Tip \$6.99/lb · Tilapia 32oz \$10 · Shrimp \$6.99/lb · Ground Turkey BUY 2 GET 1 FREE · Thomas' Bagels BOGO · Barilla Pasta \$1.49 · Rao's Sauce \$7.99 · Chobani cups 10/\$10 · Blueberries \$7.99/18oz · Avocados \$1.99 · Peaches \$1.88/lb · String Cheese \$2.49 · Outshine \$4.99

■■ 5-Day Leftover Loop — Cook 5 dinners · Get 4 lunches free

Sun	■ Tri-Tip + Roasted Veg (extra)	→	Mon	Cold tri-tip salad bowl over spring mix
Mon	■ Lemon Garlic Tilapia (extra)	→	Tue	Tilapia flaked over Kroger salad kit
Tue	■ Baked Chicken Thighs (extra)	→	Wed	Chicken + broccolini reheated
Wed	■ Honey Garlic Shrimp + Rice (extra)	→	Thu	Shrimp bowl reheated with lime + scallion
Thu	■■ Turkey Bolognese (BIG batch)	→	Fri+	Freeze extra — opens future week

Weekly Overview · 5 Days (Fri & Sat eating out)

Day	■ Breakfast	■ Dinner	■	■ Cal	■ Cal
Sun	Lox & Bagel + Cream Cheese-Yogurt Blend	Tri-Tip Roast	■	1,330	1,912
Mon	Blueberry Yogurt Parfait with Granola & Chia	NEW	■	1,335	1,840
Tue	Overnight Oats with Banana & PB	Sheet Pan Baked Chicken Thighs	■	1,330	1,942
Wed	Spinach, Mushroom & Ham Scramble	Honey Garlic Shrimp	■	1,405	1,970

Thu	Avocado Toast with Poached Eggs	Turkey Bolognese with Rao's Pasta Sauce	■	1,345	1,972
Fri	— Eating out	■■ Restaurant — enjoy!		—	—
Sat	— Eating out	■■ Restaurant — enjoy!		—	—

SUNDAY · ■ American — Tri-Tip Night

Cook dinner double · Pack lunch before eating · ■ orange = leftover · ■ Dessert calories included in daily total

■ Breakfast

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

Thomas' WW bagel (BOGO sale!), smoked salmon, blend of ½ light cream cheese + ½ Chobani non-fat spread, thin red onion, capers, sliced tomato, fresh dill. Hard-boiled egg on the side for extra protein. Boil a batch of 6 eggs today — they keep all week.

■ HER

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

390 kcal

■ HIM

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

560 kcal

■ Lunch

Light Avocado & Spring Mix Salad (Week Opener)

Fresh start to the week — no formal leftover since Fri/Sat were eating out. Baby spring mix, sliced avocado (from the \$1.99 sale), cherry tomatoes, cucumber slices, simple lemon-olive oil vinaigrette. Light and refreshing before tonight's protein-forward dinner.

■ HER

Baby spring mix, ¼ avocado, cherry tomatoes, cucumber, lemon vinaigrette

200 kcal

■ HIM

Baby spring mix, ½ avocado, cherry tomatoes, cucumber, lemon vinaigrette

300 kcal

■ Snack

Fresh Peach + String Cheese + Almonds

Fresh peach from the \$1.88/lb sale, Kroger string cheese from the \$2.49/12ct sale, small handful of almonds. A satisfying hit of fruit, protein and healthy fat.

■ HER

1 fresh peach, 1 string cheese, 10 almonds

220 kcal

■ HIM

1 large peach, 1 string cheese, 14 almonds

310 kcal

■ Dinner

■ Tri-Tip Roast + Diet Horseradish Sauce + Roasted Vegetables

TRI-TIP (\$6.99/lb sale): Season generously with garlic powder, smoked paprika, cumin, salt, black pepper. Sear all sides in cast iron pan or grill, then roast at 375F until internal temp reaches 130–135F (medium). REST 10 minutes minimum before slicing — against the grain always. DIET HORSE RADISH SAUCE: 3 tbsp Chobani non-fat + 1 tbsp light cream cheese (softened) + 2 tbsp prepared horseradish + 1 tsp Dijon + 1 tsp lemon juice + ¼ tsp garlic powder + fresh chives, ~18 kcal/tbsp. ROASTED VEG: bell peppers + zucchini + red onion + cherry tomatoes, 1 tbsp olive oil, Italian herbs, 400F 20 min. Make EXTRA tri-tip — saves for Monday cold salad bowl lunch.

■ HER

4oz tri-tip sliced, diet horseradish sauce, generous roasted veg medley

450 kcal

■ HIM

7oz tri-tip sliced, extra horseradish sauce, generous roasted veg medley

650 kcal

■ Dessert

■ Fresh Watermelon

Chilled fresh watermelon served after dinner. 92% water content, 46 kcal per cup, lycopene for cardiovascular health. Keep it cold — the sweetness is much better when properly chilled.

■ HER

1½ cups cubed fresh watermelon

70 kcal

■ HIM

2 cups cubed fresh watermelon

92 kcal

■ Cook tonight: Tri-Tip — make EXTRA for Monday's cold salad bowl. Also hard-boil 6 eggs for the week.

Daily Totals · Deficit (incl. dessert)

■ Her: 1,330 kcal

■ His: 1,912 kcal

MONDAY · ■ NEW — Lemon Garlic Tilapia

Cook dinner double · Pack lunch before eating · ■■ orange = leftover · ■■ Dessert calories included in daily total

■ Breakfast

Blueberry Yogurt Parfait with Granola & Chia Seeds

Chobani non-fat Greek yogurt with Simple Truth Organic Blueberries (\$7.99/18oz sale — great value this week), low-sugar granola and chia seeds. Stir chia into yogurt 10 min before layering for a thicker creamier texture.

■ HER

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

350 kcal

■ HIM

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

450 kcal

■■ Lunch

■■ Leftover: Cold Tri-Tip Salad Bowl (from Sunday)

Sunday's extra tri-tip sliced thin and served cold over fresh baby spring mix with cherry tomatoes, sliced cucumber and red onion. The diet horseradish sauce doubles as a salad dressing here — thin it with a splash of lemon if needed. Cold tri-tip over greens is genuinely excellent.

■ HER

3oz Sun tri-tip cold, spring mix, cherry tomatoes, cucumber, horseradish vinaigrette

330 kcal

■ HIM

5oz Sun tri-tip cold, spring mix, tomatoes, cucumber, extra horseradish drizzle

490 kcal

■ Snack

Chobani Greek Yogurt Cup + Fresh Raspberries or Blackberries

Individual Chobani cup from the 10/\$10 sale — grab plain non-fat. Fresh raspberries or blackberries from the \$4.99/12oz sale. Stir together and eat.

■ HER

1 Chobani non-fat cup (5.3oz), ½ cup fresh raspberries

175 kcal

■ HIM

1 Chobani non-fat cup, ¾ cup fresh raspberries or blackberries

230 kcal

■ Dinner

■ NEW — Lemon Garlic Tilapia + Kroger Salad Kit + Whole Wheat Couscous

TILAPIA (\$10/32oz frozen sale — excellent value): Pat fillets completely dry with paper towels. Season both sides with garlic powder, Italian herbs, salt and cracked pepper. Heat 1 tsp olive oil in non-stick pan over MEDIUM-HIGH heat. Sear 3–4 min per side until edges turn white and fish flakes when pressed gently with a fork. Finish with squeeze of fresh lemon + 1 tsp capers. SALAD KIT (3/\$11 sale): Open, add half the dressing packet — use the other half as a vinaigrette on the couscous. WW COUSCOUS: 1:1 boiling water, cover and fluff after 5 min. Make EXTRA tilapia fillet — saves for Tuesday lunch over fresh greens.

■ HER

5oz tilapia, lemon-caper finish, ½ serving Kroger salad kit, ½ cup WW couscous

410 kcal

■ HIM

7oz tilapia, lemon-caper finish, ½ serving Kroger salad kit, ¾ cup WW couscous

600 kcal

■ Dessert

■ Outshine Fruit Bar

Outshine fruit bar from the \$4.99/6ct sale — essentially frozen fruit juice. Choose whichever flavour you both enjoy. About 60–80 kcal per bar depending on variety. Satisfying sweet finish to dinner.

■ HER

1 Outshine fruit bar — choose your favourite flavour

70 kcal

■ HIM

1 Outshine fruit bar — choose your favourite flavour

70 kcal

■ Cook tonight: Tilapia — make EXTRA fillet. Tuesday lunch = cold tilapia flaked over the second salad kit. Also: prep Tuesday overnight oats before bed.

Daily Totals · Deficit (incl. dessert)

■ Her: 1,335 kcal

■ His: 1,840 kcal

TUESDAY · ■ American — Sheet Pan Chicken + Broccolini

Cook dinner double · Pack lunch before eating · ■■ orange = leftover · ■■ Dessert calories included in daily total

■ Breakfast

■ Overnight Oats with Banana, Peanut Butter & Chia

Rolled oats soaked overnight in almond milk (Simple Truth \$2.49 sale) with protein powder, sliced banana, Skippy PB (\$2.99 sale) and chia seeds. Prepped Monday night — grab straight from the fridge. Zero morning effort.

■ HER

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

330 kcal

■ HIM

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

500 kcal

■■ Lunch

■■ Leftover: Lemon Garlic Tilapia over Kroger Salad Kit (from Monday)

Monday's extra tilapia fillet flaked into chunks and served cold or gently warmed over the second Kroger salad kit. The lemon and caper notes actually intensify overnight. Add extra lemon squeeze and a drizzle of olive oil to refresh.

■ HER

Mon tilapia flaked cold over Kroger salad kit, extra lemon, olive oil drizzle

350 kcal

■ HIM

Mon tilapia flaked over Kroger salad kit, generous portion, lemon + capers

530 kcal

■ Snack

Apple + Skippy Natural Peanut Butter

Fresh apple from the \$4/4ct sale, Skippy peanut butter from the \$2.99 sale. Slice the apple and dip. Classic.

■ HER

1 medium Gala or Cosmic Crisp apple, 1 tbsp Skippy natural PB

170 kcal

■ HIM

1 large apple, 1.5 tbsp Skippy natural PB

240 kcal

■ Dinner

■ Sheet Pan Baked Chicken Thighs + Roasted Broccolini

CHICKEN (\$2.49/lb sale): Boneless skinless thighs tossed in 1 tbsp olive oil + generous garlic powder + smoked paprika + salt + black pepper. Arrange on a sheet pan. Bake 425F for 25–30 minutes until juices run clear and edges are golden. BROCCOLINI: Trim just the very bottom of the stems — leave whole, they look beautiful. Toss with 1 tsp olive oil, 2 garlic cloves minced, salt. Add to the sheet pan the last 12–15 minutes of the chicken cook time. Tips will char slightly — that's perfect. Make EXTRA chicken — saves for Wednesday lunch.

■ HER

5oz chicken thigh, garlic-paprika crust, generous roasted broccolini

410 kcal

■ HIM

7oz chicken thigh, garlic-paprika crust, generous roasted broccolini + extra garlic

580 kcal

■ Dessert

■ Fresh Watermelon

Chilled cubed watermelon served after dinner. Rich in lycopene and citrulline — especially beneficial for cardiovascular health. Keep refrigerated and serve cold for best sweetness.

■ HER

1½ cups cubed fresh watermelon

70 kcal

■ HIM

2 cups cubed fresh watermelon

92 kcal

■ Cook tonight: Sheet Pan Chicken + Broccolini — make EXTRA chicken for Wednesday lunch. All on one sheet pan — minimal cleanup.

Daily Totals · Deficit (incl. dessert)

■ Her: 1,330 kcal

■ His: 1,942 kcal

WEDNESDAY · ■ Chinese — Honey Garlic Shrimp + Brussels

Cook dinner double · Pack lunch before eating · ■■ orange = leftover · ■■ Dessert calories included in daily total

■ 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. Dave's Killer Organic Thin-Sliced Bread (\$4.99 sale) for toast. Season with Italian herbs, salt and pepper. Ready in 8 minutes.

■ HER

2 eggs, 1oz diced ham, spinach, mushroom, feta, 1 slice Dave's Killer WW toast

310 kcal

■ HIM

3 eggs, 2oz diced ham, spinach, mushroom, feta, 2 slices Dave's Killer WW toast

480 kcal

■■ Lunch

■■ Leftover: Baked Chicken Thighs + Broccoli (from Tuesday)

Tuesday's chicken thighs reheated — cover with foil, 350F for 12 minutes, or microwave 2 min with damp paper towel. Broccoli reheats beautifully — the slight char returns in the oven. Add a squeeze of fresh lemon over everything to refresh.

■ HER

Tue chicken thigh reheated, broccoli, lemon squeeze

380 kcal

■ HIM

Tue chicken thigh + extra broccoli reheated, lemon, garlic drizzle

550 kcal

■ Snack

Navel Oranges + Kroger String Cheese + Almonds

Fresh navel oranges from the \$5.99/4lb sale, Kroger string cheese from the \$2.49/12ct sale, small handful of almonds. Vitamin C from the oranges boosts iron absorption from the eggs earlier.

■ HER

2 navel oranges, 1 string cheese, 8 almonds

215 kcal

■ HIM

2 navel oranges, 1 string cheese, 12 almonds

280 kcal

■ Dinner

■ Honey Garlic Shrimp + Air Fryer Brussels Sprouts + Your Multigrain Rice Blend

SHRIMP (\$6.99/lb sale): Pat dry. SAUCE: 2 tbsp honey + 2 tbsp low-sodium soy + 3 garlic cloves minced + 1 tbsp rice vinegar + 1 tsp sesame oil — whisk in a bowl. Sear shrimp in HOT pan 2 min per side until pink. Add sauce, toss 60 seconds until glazed and slightly sticky. BRUSSELS (air fryer): Halve, cut-side down, 1 tsp olive oil, salt, garlic powder. Air fry 390F 12 min, shake at 6 min. MULTIGRAIN RICE (your custom blend — Jayone 7 Grains + Haetae Black Wild Sweet Rice + Grain Harvest 12 Grains + Wang Korea 5 Grains): Cook per your standard method in rice cooker, multigrain setting. GI ~42–50, far superior to white rice. Make EXTRA shrimp + rice — saves for Thursday lunch.

■ HER

5oz honey garlic shrimp, ½ cup your multigrain rice blend, air fryer Brussels sprouts

430 kcal

■ HIM

6oz honey garlic shrimp, ¾ cup multigrain rice blend, generous air fryer Brussels

590 kcal

■ Dessert

■ Outshine Fruit Bar

Second Outshine bar of the week — alternating with watermelon nights. Cold, fruity and satisfying without disrupting the day's calorie balance.

■ HER

1 Outshine fruit bar

70 kcal

■ HIM

1 Outshine fruit bar

70 kcal

■ Cook tonight: Honey Garlic Shrimp — make EXTRA shrimp + rice for Thursday lunch. ■ SHOPPING DAY — grab all sale items today if shopping Wednesday.

Daily Totals · Deficit (incl. dessert)

■ Her: 1,405 kcal

■ His: 1,970 kcal

THURSDAY · ■■ Italian — Turkey Bolognese with Rao's Sauce

Cook dinner double · Pack lunch before eating · ■■ orange = leftover · ■■ Dessert calories included in daily total

■ Breakfast

■ Avocado Toast with Poached Eggs & Everything Bagel Seasoning

Dave's Killer Organic Thin-Sliced Bread toasted. Fresh avocado from the \$1.99 sale — smash with lemon and pinch of salt. Poach eggs in barely simmering water with a splash of vinegar for 3 min. Arrange on toast. Everything bagel seasoning over the top.

■ HER

1 slice Dave's Killer WW toast, ¼ avocado, 1 poached egg, EBS, lemon

280 kcal

■ HIM

2 slices Dave's Killer WW toast, ½ avocado, 2 poached eggs, EBS, cherry tomatoes

460 kcal

■■ Lunch

■■ Leftover: Honey Garlic Shrimp + Multigrain Rice Bowl (from Wednesday)

Wednesday's shrimp and multigrain rice reheated. Microwave 2 min with damp paper towel. The honey garlic sauce clings and slightly caramelises on reheat — it's actually excellent the next day. Add fresh scallion and squeeze of lime to refresh.

■ HER

Wed honey garlic shrimp, multigrain rice reheated, scallion, squeeze of lime

400 kcal

■ HIM

Wed honey garlic shrimp + rice reheated, extra sauce + scallion

570 kcal

■ Snack

Fresh Peach + Cottage Cheese

Fresh peach from the \$1.88/lb sale, low-fat cottage cheese. High protein, naturally sweet and very satisfying in the afternoon before a heavier pasta dinner.

■ HER

½ fresh peach, ½ cup low-fat cottage cheese

155 kcal

■ HIM

1 fresh peach, ¾ cup low-fat cottage cheese

230 kcal

■ Dinner

■■ Turkey Bolognese with Rao's Pasta Sauce + Barilla WW Pasta

SOFFRITTO: 1 tbsp olive oil, diced onion + carrot + celery + garlic — sauté 8 min until soft and slightly golden. MEAT: 1 lb lean ground turkey (from the BUY 2 GET 1 FREE sale — freeze the rest!), cook until browned, break into crumbles. DEGLAZE: ½ cup red wine, cook down 3 min. SAUCE: Add 1 jar Rao's Marinara (\$7.99 sale — the best jarred sauce available) + 1 can crushed tomatoes + fresh basil + pinch of nutmeg + salt + pepper. Simmer 30 min minimum — 45 is better. Rao's is made with real San Marzano tomatoes and no added sugar, so the flavour deepens beautifully. Finish with ½ cup Parmesan stirred through. Serve over Barilla WW pasta (\$1.49 sale). BIG BATCH — freeze extra portions.

■ HER

¾ cup Barilla WW pasta, generous turkey bolognese with Rao's, 1 tbsp Parmesan

440 kcal

■ HIM

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

620 kcal

■ Dessert

■ Fresh Watermelon

Week's final watermelon dessert. A sweet, hydrating end to the cooking week before Friday and Saturday eating out. Citrulline in watermelon supports circulation and muscle recovery — a bonus for him at 52.

■ HER

1½ cups cubed fresh watermelon

70 kcal

■ HIM

2 cups cubed fresh watermelon

92 kcal

■ ■ Cook tonight: Turkey Bolognese — make a BIG BATCH using 1 lb turkey. Freeze extra portions for a future week. Rao's makes the sauce truly exceptional — worth every penny of the sale price.

Daily Totals · Deficit (incl. dessert)

■ Her: 1,345 kcal

■ His: 1,972 kcal

Sale-Driven Week — Great Savings on Quality Proteins

■ Shop Wed July 23 or Thu July 24 · Sale ends Tue July 28 · Freeze extra ground turkey from BOGO deal

■ ■ Orange = leftover · ■ Red border = Watermelon dessert · ■ Blue border = Outshine dessert · ■ ■ Green = Sale item

■ ■ RALPHS SALE ITEMS THIS WEEK — Valid through Tuesday July 28

■ Untrimmed Tri-Tip Roast <i>■ Sun dinner + Mon leftover salad bowl</i>	\$6.99/lb → ~2.5 lbs	■ Kroger Tilapia Fillets 32oz frozen <i>■ Mon dinner + Tue leftover — great value per oz</i>	\$10 flat
■ Jumbo EZ Peel Shrimp <i>■ Wed honey garlic shrimp + Thu leftover</i>	\$6.99/lb → 1.5 lbs	■ Kroger 85% Lean Ground Turkey <i>1 lb Thu bolognese + 2 lbs FREEZE for future weeks</i>	BUY 2 GET 1 FREE → 3 lbs
■ Boneless Chicken Thighs <i>■ Tue sheet pan + Wed leftover</i>	\$2.49/lb → ~2.5 lbs	■ Thomas' Bagels OR English Muffins <i>Sun lox & bagel + extra for future Benedicts</i>	BOGO FREE → get 2 packs
■ Dave's Killer Organic Thin-Sliced Bread <i>Wed scramble toast + Thu avocado toast</i>	\$4.99	■ Simple Truth Organic Blueberries 18oz <i>Mon parfait + general all week</i>	\$7.99
■ California Peaches or Nectarines <i>Sun + Thu snack</i>	\$1.88/lb → ~2 lbs	■ Raspberries or Blackberries 12oz <i>Mon snack with Chobani cup</i>	\$4.99
■ Jumbo Avocados <i>Sun salad, Thu avocado toast, general</i>	\$1.99/EA → get 3	■ Kroger Navel Oranges 4lb bag <i>Wed snack all week</i>	\$5.99
■ Cosmic Crisp or Gala Apples 4ct <i>Tue apple + PB snack</i>	\$4.00	■ Chobani Greek Yogurt cups (4.6–5.3oz) <i>Mon snack + individual grab-and-go all week</i>	10/\$10 → get 6–8
■ Barilla WW Pasta 12–16oz <i>Thu bolognese + extra to stock</i>	\$1.49/EA → get 2	■ Rao's Pasta Sauce 32oz <i>Thu bolognese — best jarred sauce available</i>	\$7.99
■ Skippy Peanut Butter 15oz <i>Tue overnight oats, Tue snack</i>	\$2.99	■ Kroger String Cheese 12ct <i>Sun + Wed snack all week</i>	\$2.49
■ Simple Truth Almondmilk 59–64oz <i>Tue overnight oats, smoothies</i>	\$2.49	■ Kroger Salad Kit for One <i>Mon dinner side + Tue leftover lunch</i>	3/\$11 → get 3
■ Outshine Fruit Bars 6ct <i>Mon + Wed dessert nights</i>	\$4.99	■ Washington Red Cherries <i>Optional — great snack fruit this week</i>	\$3.99/lb

■ Additional Proteins (Regular Price)

■ Smoked salmon / lox <i>Sun lox & bagel breakfast</i>	~5–6oz	■ Lean ham (diced, deli) <i>Wed ham scramble breakfast</i>	~¼ lb
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■ Eggs (large) <i>Sun hard-boil 6 for week, Thu poached, Wed scramble</i>	1.5 dozen	■ Kroger Bacon (on sale \$4.99) <i>Hold for future weeks or Brussels sprouts addition</i>	1 pack — optional
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■ Produce (Regular Price)

■ Broccolini (1–2 bunches) <i>■ Tue sheet pan side — thinner than broccoli, roasts beautifully</i>	~½ lb	■ Brussels sprouts (fresh) <i>■ Wed air fryer side</i>	~1 lb
■ Baby spinach <i>Wed ham scramble, Sun salad</i>	1 × 5oz bag	■ Baby spring mix <i>Sun avocado salad, Mon tri-tip bowl, Tue tilapia</i>	2 × 5oz bags
■ Cremini mushrooms <i>Wed ham scramble</i>	1 × 8oz pack	■ Bell pepper (red) <i>Sun roasted veg, Wed scramble</i>	2
■ Zucchini (medium) <i>Sun roasted veg</i>	2	■ Red onion (medium) <i>Sun roasted veg + salad, Mon tri-tip bowl</i>	2
■ Cherry tomatoes <i>Sun roasted veg, Mon bowl, Thu avocado toast</i>	1 pint	■ Cucumber (large) <i>Sun + Mon salads, general</i>	2
■ Scallions / green onions <i>Thu shrimp bowl leftover refresh</i>	1 bunch	■ Lemon (fresh) <i>Sun horseradish sauce, Mon tilapia, Wed general</i>	4
■ Lime (fresh) <i>Thu shrimp leftover refresh</i>	1	■ Garlic (fresh head) <i>All week</i>	2 heads
■ Onion (yellow) <i>Thu bolognese soffritto</i>	1	■ Carrot (medium) <i>Thu bolognese soffritto</i>	1
■ Celery (stalk) <i>Thu bolognese soffritto</i>	2 stalks	■ Fresh basil <i>Thu turkey bolognese</i>	1 small bunch
■ Fresh dill <i>Sun lox & bagel</i>	1 small bunch	■ Fresh chives <i>Sun diet horseradish sauce</i>	1 small bunch
■ Watermelon (seedless whole) <i>Sun, Tue, Thu dessert — serves all 3 nights easily</i>	1 small (about 10 lbs)		

■ Dairy & Refrigerated (Regular Price)

■ Chobani non-fat plain Greek yogurt 32oz <i>Mon parfait, Wed horseradish sauce component</i>	1 × 32oz tub	■ Light cream cheese <i>Sun lox & bagel cream cheese-yogurt blend, Sun horseradish sauce</i>	1 small tub
■ Low-fat feta (crumbled) <i>Wed ham scramble</i>	1 small container	■ Low-fat cottage cheese <i>Thu peach + cottage cheese snack</i>	1 × 16oz container
■ Parmesan (freshly grated) <i>Thu turkey bolognese</i>	1 small wedge	■ Part-skim mozzarella string cheese <i>Already in sale section</i>	Covered by sale item above
■ Low-sodium chicken broth <i>General — soffritto for bolognese if needed</i>	1 × 32oz carton	■ Prepared horseradish (jar) <i>Sun diet horseradish sauce</i>	1 small jar

■ Dijon mustard <i>Sun horseradish sauce, Thu avocado toast</i>	1 jar	■ Low-sodium soy sauce <i>Wed honey garlic shrimp sauce</i>	1 bottle
■ Rice vinegar <i>Wed honey garlic shrimp sauce</i>	1 bottle	■ Sesame oil (toasted) <i>Wed honey garlic shrimp</i>	1 bottle
■ Honey (raw) <i>Mon parfait, Wed shrimp sauce, general</i>	1 jar	■ Red wine (½ cup for bolognese) <i>Thu turkey bolognese</i>	1 bottle
■ Capers (small jar) <i>Mon tilapia lemon-caper finish, Sun lox & bagel</i>	1 jar		

■ Grains & Pantry (Regular Price)

■ WW Couscous <i>Mon tilapia dinner</i>	1 × 10oz box	■ Whole wheat spaghetti (backup) <i>General stock</i>	1 box
■ Rolled oats <i>Tue overnight oats</i>	1 × 42oz canister	■ Chia seeds <i>Mon parfait, Tue overnight oats</i>	1 bag
■ Low-sugar granola <i>Mon blueberry parfait</i>	1 small bag	■ Multigrain rice blend (your custom mix) <i>Wed dinner — Jayone + Haetae + Grain Harvest + Wang Korea</i>	Already stocked from Weee!
■ Everything bagel seasoning <i>Thu avocado toast</i>	1 small jar	■ Italian seasoning <i>Sun roasted veg, Tue broccolini</i>	1 jar
■ Garlic powder <i>Sun tri-tip, Tue chicken, Wed Brussels</i>	1 jar	■ Smoked paprika <i>Sun tri-tip, Tue chicken</i>	1 jar
■ Cumin (ground) <i>Sun tri-tip seasoning</i>	1 jar	■ Nutmeg (ground) <i>Thu bolognese</i>	pinch needed
■ Olive oil (extra virgin) <i>All week</i>	1 bottle	■ Light cooking spray <i>General</i>	1 can
■ Sea salt & black pepper <i>All week</i>	stocked	■ Peanut butter (Skippy) <i>Already in sale section</i>	Covered by sale item

■ Supplements & Household

■ Whey protein powder <i>Tue overnight oats</i>	1 container	■ Fish oil capsules — HIM <i>Heart health — age 52</i>	1 bottle
■ Vitamin D3 — HIM <i>Bone density</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
■ Freezer bags (gallon size) <i>Freeze the 2 extra lbs of ground turkey from BOGO sale</i>	1 box	■ Meat thermometer <i>Sun tri-tip — pull at 130–135F for medium</i>	1
■ Aluminium foil <i>Sun tri-tip resting, Wed chicken reheating</i>	1 roll		

Week 18 Tips

Tri-tip: pull at 130–135F internal, REST 10 min minimum before slicing — against the grain · Tilapia: pat COMPLETELY dry before seasoning — any moisture steams instead of sears · Broccolini tips char = perfect, not burnt · Rao's sauce: no added sugar, all natural — simmer time makes it genuinely restaurant quality · Watermelon: refrigerate and serve cold — sweetness is significantly better when chilled · Ground turkey BOGO: freeze 2 lbs in labelled bags today — future bolognese, dan dan, mapo tofu