

Clearing the Freezer — 6 Great Nights

■ Steak · ■ Honey Salmon · ■ Broccoli Beef · ■ TJ's Tenders · ■■■■■■ · ■ Hong Shao Thighs

Sunday: Eating Out — No Cooking · Fri & Sat: Chinese Feast Nights

■ HER — DEFICIT

~1,200–1,360 kcal/day

2/8 of every dish

■ HIM — DEFICIT

~1,750–1,950 kcal/day

3/8 of every dish

■ SON — SAME AS HIM

~1,750–1,950 kcal/day

3/8 of every dish

■ **FREEZER DEPLETION WEEK 1 of ~4:** No fresh protein purchases needed — everything comes from the freezer. ■■ **3:3:2 System:** Divide finished dish into 8 equal parts. Son 3, Him 3, Her 2. ■ **Shopping rule:** His quantities × 2 + Her quantities × 1 for all 3 meals daily. ■■ **Defrost schedule:** Thaw each protein the night before in the fridge (never on the counter). ■■ **Dessert:** ■ Watermelon Mon/Wed/Fri · ■ Outshine Tue/Thu/Sat — all 3 get one each. ■ ■■■■■■■■ **Friday:** Wife's recipe — blanch ribs first, low-sodium soy, skim fat midway. **Consult your doctor before starting any new diet plan.**

❄️■ **DEFROST SCHEDULE:** Sun night → Steak (Mon) · Mon night → Salmon (Tue) · Tue night → Beef stir fry (Wed) · Thu night → Pork ribs (Fri) · Fri night → Chicken thighs (Sat) · TJ's Tenders (Thu) — cook from frozen

■■ **6-Day Leftover Loop — Cook dinner, get 3 lunches free each day**

Mon	■ Steak + Roasted Veg (extra)	→	Tue	Cold steak salad bowl (all 3)
Tue	■ Honey Garlic Salmon (extra)	→	Wed	Salmon over spring mix (all 3)
Wed	■ Broccoli Beef + Noodles (extra)	→	Thu	Broccoli beef noodle bowl (all 3)
Thu	■ TJ's Tenders (extra)	→	Fri	Cold tenders over salad kit (all 3)
Fri	■ ■■■■■■■■ (extra)	→	Sat	Reheated rib braise (all 3)
Sat	■ Hong Shao Chicken Thighs (extra)	→	Sun	Closes the loop — Sunday lunch

Weekly Overview · 3 People · 4 Meals + Dessert Per Day

Day	■ Breakfast	■ Dinner (Freezer Item)	■	■ Cal	■ Cal
Sun	Eating out	■■ No cooking — eating out all day		—	—
Mon	Blueberry Yogurt Parfait	Pan-Seared Steak	■	1,300	1,802
Tue	Overnight Oats with Banana & PB	Honey Garlic Glazed Salmon	■	1,340	1,920
Wed	Avocado Toast with Poached Eggs	Broccoli Beef Stir-Fry over Whole Wheat	■	1,365	1,972
Thu	Savory Congee with Lean Pork	Air-Fried TJ's Breaded Chicken Tenders	■	1,325	1,900

Fri	Ham Scramble + Jimmy Dean Sausage Links	■■■■■■■■■	■	1,420	2,022
Sat	Mango PB Protein Smoothie	Hong Shao Red-Braised Bone-In Chicken Th	■	1,390	1,990

■ **Steak (~1.8 lbs from freezer)**

MONDAY · ■ American — Pan-Seared Steak Night

3:3:2 Portioning · Cook double · ■■ orange = leftover · ■■ Dessert in daily total · ■ Son = Him portions

■ **Breakfast**

Blueberry Yogurt Parfait with Granola & Chia Seeds

Chobani non-fat Greek yogurt layered with fresh blueberries, low-sugar granola and chia seeds. Stir chia into yogurt 10 min first for creamier texture. 3 servings — Son gets His-sized portion.

■ **HER (2/8)**

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

350 kcal

■ **HIM (3/8)**

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

450 kcal

■ **SON (3/8)**

Same as Him — 1 cup Chobani, ¾ cup blueberries, 3 tbsp granola, 1 tbsp chia, honey

450 kcal

■■ **Lunch**

Week Opener — Light Avocado Spring Mix Assembly

No Sunday cooking means no formal leftover. Quick no-cook assembly: baby spring mix, sliced avocado, halved cherry tomatoes, sliced cucumber, simple lemon-olive oil vinaigrette. Light and fresh before a protein-forward steak dinner.

■ **HER (2/8)**

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

210 kcal

■ **HIM (3/8)**

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

310 kcal

■ **SON (3/8)**

Same as Him — spring mix, ½ avocado, cherry tomatoes, cucumber, vinaigrette

310 kcal

■ **Snack**

Fresh Peach + String Cheese + Almonds

Fresh peach, part-skim mozzarella string cheese, small handful of almonds. Satisfying protein-fruit-fat combo that holds until dinner.

■ **HER (2/8)**

1 fresh peach, 1 string cheese, 10 almonds

220 kcal

■ **HIM (3/8)**

1 large peach, 1 string cheese, 14 almonds

310 kcal

■ **SON (3/8)**

Same as Him — 1 large peach, 1 string cheese, 14 almonds

310 kcal

■ **Dinner**

■ Pan-Seared Steak + Roasted Vegetables + Diet Horseradish Sauce

■ FROM FREEZER: Thaw steak overnight. STEAK: Season generously with garlic powder, smoked paprika, salt and black pepper. Cast iron or heavy pan on HIGH heat until smoking. Sear 3 min per side for medium-rare (130–135F). Rest 5 min minimum — slice against the grain. DIET HORSERADISH 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. PORTION 3:3:2 — divide into 8 parts: Son 3, Him 3, Her 2. Make EXTRA — saves for Tuesday lunch.

■ **HER (2/8)**

2/8 steak + roasted veg + horseradish sauce (~4oz steak)

450 kcal

■ **HIM (3/8)**

3/8 steak + roasted veg + extra horseradish sauce (~6oz steak)

640 kcal

■ **SON (3/8)**

3/8 steak + roasted veg + horseradish sauce (~6oz steak)

640 kcal

■ **Dessert**

■ Fresh Watermelon

Chilled cubed watermelon. 92% water, ~46 kcal/cup, rich in lycopene and citrulline. Serve cold straight from the fridge.

■ **HER (2/8)**

1½ cups cubed watermelon

70 kcal

■ **HIM (3/8)**

2 cups cubed watermelon

92 kcal

■ **SON (3/8)**

2 cups cubed watermelon

92 kcal

■ **Cook tonight: Steak + Roasted Veg — make EXTRA for Tuesday lunch (all 3 people). Also: prep Tuesday overnight oats before bed (3 jars).**

Daily Totals (incl. dessert)

■ Her: 1,300 kcal

■ Him/Son: 1,802 kcal

■ Salmon (~2.2 lbs from freezer)

TUESDAY · ■ Honey Garlic Salmon + Fresh Green Beans

3:3:2 Portioning · Cook double · ■■ orange = leftover · ■■ Dessert in daily total · ■ Son = Him portions

■ Breakfast

■ Overnight Oats with Banana, Peanut Butter & Chia (3 jars prepped Monday night)

Rolled oats soaked overnight in almond milk with vanilla protein powder, sliced banana, natural peanut butter and chia seeds. Grab from fridge and eat — zero morning cooking. Prep 3 separate jars labelled Her/Him/Son.

■ HER (2/8)

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

330 kcal

■ HIM (3/8)

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

500 kcal

■ SON (3/8)

Same as Him — ½ cup oats, 1.5 scoops protein, banana, PB, chia, honey

500 kcal

■■ Lunch

■■ Leftover: Cold Steak Salad Bowl (from Monday)

Monday's extra steak sliced thin and cold over fresh baby spring mix with cherry tomatoes, sliced cucumber and red onion. Monday's diet horseradish sauce doubles beautifully as a salad dressing — thin with a squeeze of lemon. Cold steak over greens is outstanding.

■ HER (2/8)

Mon steak (2/8) cold over spring mix, tomatoes, cucumber, horseradish dressing

350 kcal

■ HIM (3/8)

Mon steak (3/8) cold over spring mix, generous veg, horseradish dressing

510 kcal

■ SON (3/8)

Mon steak (3/8) same as Him — cold over spring mix, all toppings

510 kcal

■ Snack

Apple + Natural Peanut Butter

Fresh Fuji or Gala apple, natural peanut butter. Slice the apple for easier dipping. Classic afternoon fuel.

■ HER (2/8)

1 medium apple, 1 tbsp natural PB

170 kcal

■ HIM (3/8)

1 large apple, 1.5 tbsp natural PB

240 kcal

■ SON (3/8)

1 large apple, 1.5 tbsp natural PB

240 kcal

■ Dinner

■ Honey Garlic Glazed Salmon + Fresh Bacon-Garlic Green Beans

■ FROM FREEZER: Thaw salmon overnight. HONEY GARLIC GLAZE: 2 tbsp honey + 2 tbsp low-sodium soy + 1 tbsp minced garlic + squeeze of lemon — whisk together. SALMON: Pat completely dry with paper towels (critical step). Pan sear skin-side down 3 min in light cooking spray, flip, baste generously with glaze, finish in oven at 400F for 5–6 min until caramelised. GREEN BEANS (your recipe): Cook 2 strips centre-cut bacon in a large pan until crispy, set aside. Add 3–4 garlic cloves sliced to the bacon drippings, 30 seconds. Add fresh green beans, toss and cook 5–7 min until tender-crisp. Crumble bacon back in. Season with salt and pepper. PORTION 3:3:2 for the salmon. Make EXTRA salmon — saves for Wednesday lunch.

■ HER (2/8)

2/8 salmon fillet with honey garlic glaze, fresh bacon-garlic green beans

420 kcal

■ HIM (3/8)

3/8 salmon fillet with extra glaze, generous fresh bacon-garlic green beans

600 kcal

■ SON (3/8)

3/8 salmon same as Him, generous green beans

600 kcal

■ Dessert

■ Outshine Fruit Bar

Outshine fruit bar — essentially frozen fruit, ~60–80 kcal. One each for all three.

■ HER (2/8)

1 Outshine fruit bar

70 kcal

■ HIM (3/8)

1 Outshine fruit bar

70 kcal

■ SON (3/8)

1 Outshine fruit bar

70 kcal

■ Cook tonight: Honey Garlic Salmon + Fresh Green Beans. Make EXTRA salmon for Wednesday lunch. Fresh green beans + bacon + garlic — the right way.

Daily Totals (incl. dessert)

■ Her: 1,340 kcal

■■ Him/Son: 1,920 kcal

■ Beef for stir fry (~2 lbs from freezer)

WEDNESDAY · ■ Chinese — Broccoli Beef Stir-Fry

3:3:2 Portioning · Cook double · ■ orange = leftover · ■ Dessert in daily total · ■ Son = Him portions

■ Breakfast

■ Avocado Toast with Poached Eggs & Everything Bagel Seasoning

Dave's Killer Organic WW bread toasted. Fresh avocado smashed with lemon and salt. Eggs poached in barely simmering water 3 min. Everything bagel seasoning over top. 3 people — double His quantities for shopping.

■ HER (2/8)

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

290 kcal

■ HIM (3/8)

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

460 kcal

■ SON (3/8)

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

460 kcal

■ Lunch

■ Leftover: Honey Garlic Salmon over Spring Mix (from Tuesday)

Tuesday's extra salmon flaked cold over fresh baby spring mix with cucumber, cherry tomatoes and a squeeze of lemon + light olive oil drizzle. Cold honey-glazed salmon over greens is outstanding — the glaze acts as the dressing.

■ HER (2/8)

Tue salmon (2/8) flaked cold over spring mix, lemon drizzle

370 kcal

■ HIM (3/8)

Tue salmon (3/8) flaked over spring mix, generous greens, lemon

530 kcal

■ SON (3/8)

Tue salmon (3/8) same as Him over spring mix

530 kcal

■ Snack

Navel Oranges + String Cheese + Almonds

Fresh navel oranges, part-skim mozzarella string cheese, small handful of almonds. Vitamin C from oranges + protein from cheese + fat from almonds.

■ HER (2/8)

2 navel oranges, 1 string cheese, 8 almonds

215 kcal

■ HIM (3/8)

2 navel oranges, 1 string cheese, 12 almonds

280 kcal

■ SON (3/8)

2 navel oranges, 1 string cheese, 12 almonds

280 kcal

■ Dinner

■ Broccoli Beef Stir-Fry over Whole Wheat Noodles

■ FROM FREEZER: Thaw beef stir fry strips overnight. BEEF MARINADE (30 min): 2 tbsp low-sodium soy + 1 tbsp Shaoxing wine + 1 tsp cornstarch + pinch of baking soda — coat beef, rest 30 min (baking soda tenderises). BROCCOLI: blanch large florets 2 min in boiling water, drain. STIR-FRY: wok or large pan on HIGH heat, 1 tbsp oil. Sear beef in batches — do not crowd the pan — 2 min. Set aside. Same wok: 4 garlic cloves + 1 tbsp fresh ginger. Add broccoli. SAUCE: 3 tbsp low-sodium oyster sauce + 2 tbsp low-sodium soy + 1 tbsp sesame oil + 1 tsp cornstarch + ¼ cup water — pour in, bring to simmer. Return beef, toss to coat. WW NOODLES: cook per package, drain. PORTION 3:3:2. Make EXTRA — saves for Thursday lunch.

■ HER (2/8)

2/8 broccoli beef, ½ cup WW noodles, oyster-garlic sauce

420 kcal

■ HIM (3/8)

3/8 broccoli beef, ¾ cup WW noodles, generous oyster-garlic sauce

610 kcal

■ SON (3/8)

3/8 broccoli beef, ¾ cup WW noodles, same as Him

610 kcal

■ Dessert

■ Fresh Watermelon

Chilled watermelon. Rich in lycopene and citrulline — the natural compounds that support cardiovascular health and circulation.

■ HER (2/8)

1½ cups cubed watermelon

70 kcal

■ HIM (3/8)

2 cups cubed watermelon

92 kcal

■ SON (3/8)

2 cups cubed watermelon

92 kcal

■ Cook tonight: Broccoli Beef — make EXTRA for Thursday lunch. HIGH HEAT is essential — medium heat steams instead of sears. Do not crowd the pan.

Daily Totals (incl. dessert)

■ Her: 1,365 kcal

■ Him/Son: 1,972 kcal

■ TJ's Breaded Tenders (~21 oz of 56 oz from freezer)

THURSDAY · ■ TJ's Air-Fried Chicken Tenders + Big Veg Sides

3:3:2 Portioning · Cook double · ■ orange = leftover · ■ Dessert in daily total · ■ Son = Him portions

■ Breakfast

Savory Congee with Lean Pork & Pickled Greens

Smooth jasmine rice porridge with lean ground pork, zha cai pickled mustard greens, fresh ginger, scallion, white pepper and sesame oil drizzle. Warming and filling — a light breakfast before a slightly heavier tender night.

■ HER (2/8)

½ cup jasmine rice, 2oz lean pork, zha cai, ginger, scallion, sesame oil

280 kcal

■ HIM (3/8)

¾ cup jasmine rice, 3oz lean pork, zha cai, ginger, soft-boiled egg

420 kcal

■ SON (3/8)

¾ cup jasmine rice, 3oz lean pork, zha cai, ginger, soft-boiled egg

420 kcal

■ Lunch

■ Leftover: Broccoli Beef Noodle Bowl (from Wednesday)

Wednesday's broccoli beef and WW noodles reheated. Add a splash of water to the pan to loosen the oyster sauce. The sauce thickens overnight and becomes deeply flavourful. Add fresh scallion to serve.

■ HER (2/8)

Wed broccoli beef (2/8) + WW noodles reheated, splash water, scallion

400 kcal

■ HIM (3/8)

Wed broccoli beef (3/8) + WW noodles reheated, extra sauce, scallion

580 kcal

■ SON (3/8)

Wed broccoli beef (3/8) same as Him, scallion

580 kcal

■ Snack

Cottage Cheese with Fresh Peach & Walnuts

Low-fat cottage cheese with fresh or canned peach slices (in juice, not syrup) and chopped walnuts. High protein snack to balance the higher-calorie freezer dinner tonight.

■ HER (2/8)

½ cup low-fat cottage cheese, ½ peach, 6 walnut halves

155 kcal

■ HIM (3/8)

¾ cup low-fat cottage cheese, 1 peach, 8 walnut halves

230 kcal

■ SON (3/8)

¾ cup low-fat cottage cheese, 1 peach, 8 walnut halves

230 kcal

■ Dinner

■ Air-Fried TJ's Breaded Chicken Tenders + Big Garden Salad + Steamed Broccoli

■ FROM FREEZER: TJ's Breaded Chicken Tenderloin Breasts — air fryer method is far superior to oven. Air fry at 400F for 12–14 minutes, flip halfway, until deeply golden and internal temp 165F. Do NOT use cooking spray — they already have oil in the coating. GARDEN SALAD: baby spring mix + Kroger salad kit + cherry tomatoes + cucumber + red onion — use only HALF the dressing packet. STEAMED BROCCOLI: microwave or steam 5 min, finish with lemon squeeze. The big vegetable sides keep this meal balanced despite the breaded tenders. PORTION 3:3:2 for the tenders — count roughly equal pieces per person. Make EXTRA tenders — saves for Friday lunch cold over salad.

■ HER (2/8)

2/8 portion TJ's tenders (air fryer 400F), big garden salad (½ dressing), steamed broccoli

420 kcal

■ HIM (3/8)

3/8 portion TJ's tenders, big garden salad, generous steamed broccoli

600 kcal

■ SON (3/8)

3/8 portion TJ's tenders same as Him, garden salad, broccoli

600 kcal

■ Dessert

■ Outshine Fruit Bar

Outshine fruit bar — light and cold after the heavier tenders night.

■ HER (2/8)

1 Outshine fruit bar

70 kcal

■ HIM (3/8)

1 Outshine fruit bar

70 kcal

■ SON (3/8)

1 Outshine fruit bar

70 kcal

■ Air fry tenders tonight: 400F, 12–14 min, flip halfway. No cooking spray needed. Make EXTRA for Friday lunch cold over a salad kit.

Daily Totals (incl. dessert)

■ Her: 1,325 kcal

■ Him/Son: 1,900 kcal

■ Pork Ribs (~2.2 lbs) + Jimmy Dean Sausage Links (all 9 oz) from freezer

FRIDAY · ■ Chinese — ■■■■■■ (Wife's Recipe)

3:3:2 Portioning · Cook double · ■ orange = leftover · ■ Dessert in daily total · ■ Son = Him portions

■ Breakfast

Spinach & Ham Scramble + Jimmy Dean Sausage Links (Freezer Clear!)

■ CLEARS FREEZER: Jimmy Dean Heat & Serve Links (all 9 oz). Heat per package — microwave 25–30 sec covered. SCRAMBLE: eggs + baby spinach + diced bell pepper + low-fat feta + lean diced ham + Italian herbs in one pan, medium heat, 5 min. Toast WW bread. A heartier Friday breakfast — the Jimmy Dean links are a fun occasional treat alongside the clean scramble.

■ HER (2/8)

2 eggs scramble with spinach + ham + feta, 1 slice WW toast, 2 Jimmy Dean links

390 kcal

■ HIM (3/8)

3 eggs scramble with spinach + ham + feta, 2 slices WW toast, 3 Jimmy Dean links

560 kcal

■ SON (3/8)

3 eggs scramble, 2 slices WW toast, 3 Jimmy Dean links

560 kcal

■ Lunch

■ Leftover: Cold TJ's Tenders over Kroger Salad Kit (from Thursday)

Thursday's extra chicken tenders sliced cold and served over a fresh Kroger Salad Kit (single serve, 3/\$11 sale). The crispy breading softens slightly but the flavour holds well. Add lemon squeeze to refresh.

■ HER (2/8)

Thu tenders (2/8) cold sliced, Kroger salad kit, lemon

360 kcal

■ HIM (3/8)

Thu tenders (3/8) cold sliced over salad kit, lemon

520 kcal

■ SON (3/8)

Thu tenders (3/8) cold over salad kit same as Him

520 kcal

■ Snack

Mixed Nuts + Red Grapes

Small handful of mixed almonds, cashews and walnuts with a bunch of fresh red grapes. Light snack before a broth-forward dinner.

■ HER (2/8)

10 mixed nuts, ½ cup red grapes

200 kcal

■ HIM (3/8)

14 mixed nuts, ¾ cup red grapes

270 kcal

■ SON (3/8)

14 mixed nuts, ¾ cup red grapes

270 kcal

■ Dinner

■ ■■■■■■ — Napa Cabbage, Glass Noodles & Braised Pork Ribs

■ FROM FREEZER: Pork ribs (~2.2 lbs), already cut in thirds. WIFE'S RECIPE. DIET NOTES: (1) BLANCH first — put ribs in cold water, bring to boil 3–4 min, pour off the water and rinse ribs — removes impurities and excess fat, keeps the broth clean and clear. (2) Use low-sodium soy sauce throughout. (3) About halfway through the braise, skim fat from the surface with a large spoon — the rendered rib fat will pool on top. (4) ■■ (napa cabbage) can be added generously — essentially free calories in the broth. (5) ■■ glass noodles serve as the starch — no rice needed tonight. PORTION 3:3:2 — ribs by count, broth and noodles generously for all. Make EXTRA — saves for Saturday lunch.

■ HER (2/8)

2/8 braised ribs, generous ■■ napa cabbage, ■■ glass noodles, clear broth

400 kcal

■ HIM (3/8)

3/8 braised ribs, generous ■■, ■■, broth — this is a comforting bowl

580 kcal

■ SON (3/8)

3/8 braised ribs same as Him, generous napa cabbage and glass noodles

580 kcal

■ Dessert

■ Fresh Watermelon

Cold watermelon — a refreshing sweet contrast after the warm savoury braise.

■ HER (2/8)

1½ cups cubed watermelon

70 kcal

■ HIM (3/8)

2 cups cubed watermelon

92 kcal

■ SON (3/8)

2 cups cubed watermelon

92 kcal

■ Wife's ■■■■■■ tonight. Clears Jimmy Dean links from freezer. Blanch ribs first, skim fat midway, low-sodium soy throughout. Make EXTRA for Saturday lunch.

Daily Totals (incl. dessert)

■ Her: 1,420 kcal

■ Him/Son: 2,022 kcal

■ Bone-in skin-on chicken thighs (all 2.12 lbs from freezer)

SATURDAY · ■ Chinese — Hong Shao Red-Braised Chicken Thighs

3:3:2 Portioning · Cook double · ■ orange = leftover · ■ Dessert in daily total · ■ Son = Him portions

■ Breakfast

■ Mango Peanut Butter Protein Smoothie (3 glasses)

Frozen mango, natural peanut butter, vanilla protein powder, unsweetened almond milk, ice. Blend each serving separately or in one large batch (3×). Ready in 3 minutes — great Saturday morning when the ribs braise is on the horizon.

■ HER (2/8)

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

310 kcal

■ HIM (3/8)

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

470 kcal

■ SON (3/8)

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

470 kcal

■ Lunch

■ Leftover: ■■■■■■ (from Friday)

Friday's pork rib braise reheated — the broth deepens overnight and becomes even more rich and comforting. Bring to a gentle simmer on the stovetop 8–10 min. The napa cabbage and glass noodles soften further. Top with fresh scallion.

■ HER (2/8)

Fri pork rib braise reheated — ribs, ■■, ■■, broth, fresh scallion

370 kcal

■ HIM (3/8)

Fri pork rib braise reheated, extra broth and noodles, scallion

540 kcal

■ SON (3/8)

Fri pork rib braise reheated same as Him, scallion

540 kcal

■ Snack

Chobani Greek Yogurt with Mixed Berries & Honey

Chobani non-fat Greek yogurt with fresh or frozen mixed berries and a drizzle of raw honey. High protein, naturally sweet.

■ HER (2/8)

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

160 kcal

■ HIM (3/8)

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

230 kcal

■ SON (3/8)

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

230 kcal

■ Dinner

■ Hong Shao Red-Braised Bone-In Chicken Thighs + Bok Choy + Brown Rice

■ FROM FREEZER: All 2.12 lbs bone-in skin-on thighs — SKIN ON for this dish. HONG SHAO BRAISE: Sear thighs in a hot pan skin-side down until deeply golden, 4–5 min. Flip, 2 more min. Add: ¼ cup low-sodium soy + 2 tbsp Shaoxing wine + ½ tsp rock sugar + 3 slices fresh ginger + 4 garlic cloves + 1 star anise + enough water to half-cover. Bring to boil, reduce to low simmer COVERED 25–30 min. UNCOVER: increase heat, reduce sauce until it coats the thighs and turns glossy and lacquered, ~10 min. BOK CHOY: blanch in boiling salted water 2 min or steam. BROWN RICE: rice cooker, multigrain setting. PORTION 3:3:2. Make EXTRA — closes the loop, Sunday lunch.

■ HER (2/8)

2/8 Hong Shao thighs (skin on), blanched bok choy, ½ cup brown rice

480 kcal

■ HIM (3/8)

3/8 Hong Shao thighs, generous bok choy, ¾ cup brown rice

680 kcal

■ SON (3/8)

3/8 Hong Shao thighs same as Him, bok choy, brown rice

680 kcal

■ Dessert

■ Outshine Fruit Bar

Week's final Outshine bar. A cool sweet finish after the rich lacquered Hong Shao braise.

■ HER (2/8)

1 Outshine fruit bar

70 kcal

■ HIM (3/8)

1 Outshine fruit bar

70 kcal

■ SON (3/8)

1 Outshine fruit bar

70 kcal

■ Cook tonight: Hong Shao Chicken Thighs. Sear skin-side first until deeply golden — this step is essential. Reduce sauce at the end until lacquered. Make EXTRA — Sunday lunch.

Daily Totals (incl. dessert)

■ Her: 1,390 kcal

■ Him/Son: 1,990 kcal

■ FREEZER TRACKER — After Week 19

Items cleared this week + remaining inventory for Weeks 20–22+

■ Steak	~1 lb 2 oz remaining	Week 20 — steak night
■ Salmon	~2 lbs 9 oz remaining	Weeks 20–21 — 2 more salmon nights
■ Beef for stir fry	~2 lbs remaining	Week 20 — second stir fry
■ TJ's Breaded Tenders	~35 oz remaining	Weeks 20–21 — 2 more tender nights
■ Pork ribs	~2 lbs 2 oz remaining	Week 20 — second ■■■■■■■■
■ Pork shoulder	4 lbs 8 oz (untouched)	Weeks 21+ — pork/mushroom/green bean stir fry with rice
■ Ground chicken	3 lbs (untouched)	Week 20–21 — Thai Basil, lettuce cups
■ Thin sliced pork chops	2 lbs (untouched)	Week 20 — Honey Dijon pork chops
■ Flank steak	2 lbs 4 oz (untouched)	Week 20 — fajitas or stir fry
■ Angus beef patties	6 patties × ■ lb	Week 20 — 1 burger night + 3 lunches
■ Thin sliced chicken breast	2 lbs 6 oz (untouched)	Week 20 — shawarma or stir fry
■ Spinach Mozz Ravioli	20 oz (untouched)	Week 21 — with added grilled chicken
■ Boneless skinless thighs	1 lb 3 oz (untouched)	Week 20
■ 85% lean ground beef	1 lb (untouched)	Week 20 — bolognese or meatballs
■ Jimmy Dean Links	CLEARED ✓	Used Week 19 Friday

GROCERY SHOPPING LIST · WEEK 19 · 3 PEOPLE · FREEZER DEPLETION

Almost No Protein Shopping — The Freezer Does the Work

Shop for fresh produce, dairy and pantry staples only · All proteins from freezer · His quantities × 2 + Her × 1

■ FROM YOUR FREEZER — No Purchase Needed

■ Steak (~1.8 lbs) <i>Mon dinner + Tue lunch — thaw Sunday night in fridge</i>	From freezer	■ Salmon (~2.2 lbs) <i>Tue dinner + Wed lunch — thaw Monday night in fridge</i>	From freezer
■ Beef for stir fry (~2 lbs) <i>Wed dinner + Thu lunch — thaw Tuesday night</i>	From freezer	■ TJ's Breaded Tenders (~21 oz) <i>Thu dinner + Fri lunch — cook from frozen</i>	From freezer
■ Pork ribs (~2.2 lbs) <i>Fri dinner — thaw Thursday night in fridge</i>	From freezer	■ Jimmy Dean Sausage Links (all 9 oz) <i>Fri breakfast — clears the freezer</i>	From freezer

■ **Bone-in skin-on chicken thighs (all 2.12 lbs)** **From freezer**

Sat dinner — thaw Friday night

■ **Fresh Produce · quantities for 3 people all meals**

■ Baby spring mix 3 × 5oz bags <i>Mon lunch, Tue steak bowl, Wed salmon bowl, Thu salad side</i>	■ Fresh broccoli (crowns) 2 large crowns <i>Wed broccoli beef, Thu steamed side</i>
■ Fresh green beans ~1.5 lbs ■ Tue — your fresh recipe with bacon + garlic (not steam bag)	■ Baby bok choy 2 bags (~10 heads) <i>Sat Hong Shao chicken thighs side</i>
■ Napa cabbage (■■■) 1 large head <i>Fri ■■■■■■ — wife's recipe</i>	■ Bell peppers (red + green) 3 <i>Mon roasted veg, Wed scramble</i>
■ Zucchini (medium) 2 <i>Mon roasted veg</i>	■ Red onion 2 <i>Mon roasted veg, Wed salad</i>
■ Cherry tomatoes 2 pints <i>Mon-Wed general, Thu salad, general</i>	■ Cucumber (large) 3 <i>Mon lunch, Tue-Wed salad bowls, Thu salad</i>
■ Avocado (ripe) 3 <i>Mon lunch, Wed avocado toast × 3 people</i>	■ Garlic (fresh) 3 heads <i>All week — broccoli beef, Hong Shao, green beans, general</i>
■ Ginger (fresh large knob) 1 large <i>Fri ■■■■■■, Sat Hong Shao</i>	■ Scallions / green onions 2 bunches <i>Thu congee, Sat rib braise reheat, Hong Shao garnish</i>
■ Fresh lemon 4 <i>Mon horseradish sauce, Tue tilapia, Wed salmon bowl, general</i>	■ Blueberries (fresh) 1 × 6oz container <i>Mon parfait</i>
■ Mixed berries (fresh/frozen) 1 × 12oz bag <i>Sat yogurt snack</i>	■ Mango (frozen) 1 × 12oz bag <i>Sat protein smoothie × 3</i>
■ Fresh peaches 4 <i>Mon + Thu snack × 3 people</i>	■ Apples (medium + large) 2+4 <i>Tue snack — 2 medium (her) + 4 large (him+son)</i>
■ Navel oranges 1 × 4 lb bag <i>Wed snack × 3 people</i>	■ Red grapes (bunch) 1 bunch <i>Fri snack × 3 people</i>
■ Bananas 4 <i>Tue overnight oats × 3</i>	

■ **Dairy & Refrigerated**

■ Chobani non-fat plain Greek yogurt 2 × 32oz tubs <i>Mon parfait × 3, Sat smoothie blend, Sat snack × 3</i>	■ Low-fat cottage cheese 1 × 16oz container <i>Thu snack × 3</i>
■ Low-fat feta (crumbled) 1 small container <i>Fri scramble</i>	■ Light cream cheese (small) 1 tub <i>Mon diet horseradish sauce</i>

■ Prepared horseradish (jar) <i>Mon diet horseradish sauce — critical ingredient</i>	1 jar	■ Mozzarella string cheese 12ct <i>Mon + Wed snack × 3 people — double up</i>	1 × 2 packs
■ Centre-cut bacon ■ <i>Tue fresh green beans recipe — 2 strips</i>	1 pack	■ Lean ham (diced, deli) <i>Fri ham scramble</i>	¼ lb
■ Eggs (large) <i>Wed poached, Thu congee side eggs, Fri scramble × 3</i>	2.5 dozen	■ Lean ground pork (fresh) <i>Thu congee breakfast × 3</i>	~¾ lb
■ Unsweetened almond milk <i>Tue overnight oats × 3, Sat smoothie × 3</i>	2 × half-gallon cartons	■ Mixed nuts <i>Fri snack</i>	1 bag
■ Walnuts (halves) <i>Thu cottage cheese snack</i>	1 small bag		

■ Grains, Pantry & Sauces			
■ WW spaghetti or lo mein noodles <i>Wed broccoli beef + Thu leftover × 3</i>	2 × 12oz boxes	■ Brown rice <i>Sat Hong Shao thighs — rice night</i>	1 × 2 lb bag
■ Jasmine rice <i>Thu savory congee</i>	1 × 2 lb bag	■ Glass noodles / ■■ <i>Fri ■■■■■■ × 3 people</i>	2 packs
■ Rolled oats <i>Tue overnight oats × 3 jars</i>	1 × 42oz canister	■ Chia seeds <i>Mon parfait, Tue overnight oats</i>	1 bag
■ Low-sugar granola <i>Mon yogurt parfait</i>	1 small bag	■ Natural peanut butter <i>Tue oats, Sat smoothie</i>	1 jar
■ Whey protein powder <i>Tue overnight oats, Sat smoothie</i>	1 container	■ Honey (raw) <i>Tue salmon glaze, Sat yogurt snack</i>	1 jar
■ Low-sodium soy sauce <i>Wed broccoli beef, Fri ribs, Sat Hong Shao</i>	1 large bottle	■ Low-sodium oyster sauce <i>Wed broccoli beef</i>	1 bottle
■ Shaoxing Chinese cooking wine <i>Fri ribs, Sat Hong Shao</i>	1 bottle	■ Sesame oil (toasted) <i>Wed broccoli beef, Thu congee</i>	1 bottle
■ Cornstarch <i>Wed broccoli beef marinade + sauce</i>	1 box	■ Baking soda (small box) <i>Wed beef marinade — tenderising trick</i>	1 box
■ Star anise <i>Sat Hong Shao braised thighs</i>	1 small bag	■ Rock sugar (small pack) <i>Sat Hong Shao — creates the lacquered finish</i>	1 small bag
■ Rice vinegar <i>Wed broccoli beef sauce</i>	1 bottle	■ Dijon mustard <i>Mon horseradish sauce</i>	1 jar
■ Everything bagel seasoning <i>Wed avocado toast</i>	1 jar	■ Italian seasoning <i>Mon roasted veg</i>	1 jar
■ Garlic powder + smoked paprika <i>Mon steak seasoning</i>	1 each	■ Pickled mustard greens / zha cai <i>Thu congee</i>	1 jar
■ Kroger Salad Kit for One 3/\$11 <i>Thu dinner side + Fri leftover lunch</i>	3 kits	■ Outshine Fruit Bars 6ct <i>Tue/Thu/Sat dessert × 3 = need 9 bars total — get 2 boxes</i>	1 box

■ Watermelon (seedless, small) <i>Mon/Wed/Fri dessert — one small watermelon covers all 3 nights</i>	1 whole	■ Olive oil (extra virgin) <i>Mon roasted veg + general</i>	1 bottle
■ Light cooking spray <i>Tue salmon sear</i>	1 can	■ Sea salt + black pepper <i>All week</i>	stocked

■ Supplements & Household			
■ Fish oil capsules — HIM <i>Age 52 — heart health</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
■ Multivitamin — SON <i>Growing young man</i>	1 bottle	■ Sparkling water <i>3 people now — stock up</i>	2 × 24-pack
■ Freezer bags (gallon) <i>For labelling and rotating remaining freezer items</i>	1 box	■ Glass containers (set) <i>3 people = more leftover containers needed</i>	Add 2–3 more
■ Meat thermometer <i>Mon steak 130F, Thu tenders 165F, Sat thighs 165F</i>	1		

Week 19 Tips	Defrost each protein the night before in the fridge — never on the counter · Broccoli beef: baking soda in the marinade transforms the texture — don't skip it · TJ's Tenders: air fryer 400F 12–14 min, no cooking spray, flip halfway · ■■■■■: blanch ribs FIRST — this single step makes the broth clean and clear · Hong Shao: patience on the sauce reduction — keep reducing until it lacquers · 3:3:2 reminder: 8 equal parts, Son 3, Him 3, Her 2 — consistent every night
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