

7 Freezer Items Cleared This Week!

■ Thai Basil · ■ Burgers · ■ Kung Pao · ■ Tacos/Burritos · ■■ Ravioli · ■ Pork Shoulder · ■ Honey Dijon

Your pico de gallo + your guacamole both featured Wednesday · Double pork Fri & Sat

■ HER — DEFICIT

~1,200–1,405 kcal/day

2/8 of every dish

■ HIM — DEFICIT

~1,842–2,020 kcal/day

3/8 of every dish

■ SON — SAME AS HIM

3/8 of every dish

Same portions as Him every meal

■ GUACAMOLE (your recipe, diet-portioned): 3 avocados + ½ red onion finely diced + 1 Anaheim chili minced + generous cilantro + juice from 3 limes + salt. Mash with a fork — leave chunks, not smooth. Batch ~540 kcal total (~27 kcal/tbsp). HER: 2 tbsp (~54 kcal) · HIM: 3 tbsp (~81 kcal) · SON: 3 tbsp (~81 kcal). Store remainder with plastic wrap pressed onto surface + extra lime — use for Thu burrito bowl lunch. ■ PICO (your recipe): 3 tomatoes + ½ red onion + 1–2 Anaheim peppers + 2 tbsp cilantro + 2 garlic cloves + 1 tbsp lime juice + 1 tsp olive oil + salt/pepper. ~25 kcal/serving.

■■ **Monday burger night runs higher** — all 6 patties used for 3 people (feast night, clears freezer). ■ **Sunday Thai Basil:** Cook all 3 lbs — covers Sun dinner + Mon + Tue lunch for all 3. ■ **Wednesday:** Wife + Him = WW burrito · Son = WW burrito OR crispy corn shells. ■ **Defrost schedule:** Sat night → ground chicken (Sun) · Sun night → beef (Tue) · Mon night → ground beef (Wed) · Wed night → chicken strips (Thu) · Thu night → pork shoulder (Fri) · Fri night → pork chops + marinate (Sat). **Consult your doctor before starting any new diet plan.**

■■ 7-Day Leftover Loop — All 3 people covered every lunch

Sun	■ Thai Basil Chicken (3-lb big batch)	→	Mon+Tue	Carries 2 lunches for all 3
Tue	■ Kung Pao Beef + Multigrain Rice	→	Wed	Kung Pao bowl reheated
Wed	■ Ground Beef & Bean Filling (extra)	→	Thu	Burrito bowl with leftover pico + guac
Thu	■■ Ravioli + Chicken Strips (extra)	→	Fri	Ravioli + chicken reheated
Fri	■ Pork Shoulder Stir-Fry (extra)	→	Sat	Pork stir-fry bowl reheated
Sat	■ Honey Dijon Pork Chops (extra)	→	Sun	Closes loop — pork sliced cold

Weekly Overview · 3 People · 4 Meals + Dessert

Day	■ Breakfast	■ Dinner	■	■ Cal	■■ Cal
Sun	Blueberry Yogurt Parfait	Thai Basil Ground Chicken (Pad Krapao)	■	1,320	1,842
Mon	Overnight Oats with Banana & PB	Angus Beef Burgers	■	1,590	2,280

Tue	Overnight Oats (prepped Monday night)	Kung Pao Beef (Mild)	■	1,380	2,002
Wed	Avocado Toast with Poached Eggs	Ground Beef & Black Bean Tacos/Burritos	■	1,405	2,020
Thu	Savory Congee with Lean Pork	Pasta Prima Spinach Mozz Ravioli	■	1,380	1,982
Fri	Mango PB Protein Smoothie	Pork Shoulder Mushroom & Green Bean Stir-F	■	1,400	2,010
Sat	Yogurt Parfait with Blueberries	Honey Dijon Thin-Sliced Pork Chops	■	1,370	1,932

Ground chicken — all 3 lbs from freezer (BIG batch → Mon + Tue lunch too)		
SUNDAY Thai Thai Basil Ground Chicken + WW Couscous 3:3:2 · Cook double · orange = leftover · Dessert in daily total · Son = Him		
Breakfast Blueberry Yogurt Parfait with Granola & Chia Seeds Chobani non-fat, fresh blueberries, low-sugar granola and chia seeds. Stir chia into yogurt 10 min first. 3 servings — Son gets Him-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, granola, chia, honey 450 kcal
Lunch Leftover: Honey Dijon Pork Chops (from last Saturday) Last week's pork chops reheated and sliced over spring mix, or in a fresh WW wrap. The Dijon glaze is excellent cold. Closes the previous week's loop.		
HER (2/8) Last Sat pork chop (2/8) sliced cold over spring mix, lemon 320 kcal	HIM (3/8) Last Sat pork chop (3/8) sliced cold over spring mix or in WW wrap 480 kcal	SON (3/8) Last Sat pork chop (3/8) same as Him 480 kcal
Snack Apple + Natural Peanut Butter Fresh apple sliced, natural peanut butter for dipping. Quick and satisfying.		
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 Thai Basil Ground Chicken (Pad Krapao) + Whole Wheat Couscous ALL 3 LBS FROM FREEZER — make a BIG batch (Mon + Tue lunches included). HIGH HEAT wok essential. 1 tbsp oil + 5–6 garlic cloves minced + 1–2 serrano or Anaheim chilies — stir 30 sec. Add ground chicken, cook undisturbed 90 sec to char, then stir-break. SAUCE (whisk first): 2 tbsp low-sodium oyster sauce + 1.5 tbsp low-sodium soy + 1 tsp fish sauce + 1 tsp sugar. Add sauce, toss 1 min. OFF HEAT: stir in large handful fresh basil — wilts in residual heat. WW COUSCOUS: 1:1 boiling water, fluff 5 min. PORTION 3:3:2. Pack Mon + Tue lunch containers before serving.		
HER (2/8) 2/8 Thai basil chicken over ½ cup WW couscous, extra basil 410 kcal	HIM (3/8) 3/8 Thai basil chicken over ¾ cup WW couscous, extra basil + chili 580 kcal	SON (3/8) 3/8 Thai basil chicken same as Him, couscous 580 kcal
Dessert Fresh Watermelon Cold cubed watermelon — light and refreshing after the bold spiced chicken.		
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
BIG BATCH tonight: all 3 lbs ground chicken. Pack Mon AND Tue lunch containers before eating. HIGH HEAT is non-negotiable — add basil completely off heat.		
Daily Totals (incl. dessert)	Her: 1,320 kcal	Him/Son: 1,842 kcal

■ All 6 Angus patties (■ lb each = 2 lbs) + all 28oz Super Crispy Tots

MONDAY · ■ American — Angus Burger & Tots Night

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

■ Breakfast

■ Overnight Oats with Banana, Peanut Butter & Chia (prep Sunday night — 3 jars)

Rollled oats soaked overnight in almond milk with protein powder, sliced banana, PB and chia seeds. Prep 3 jars Sunday night. Grab and go — zero morning cooking.

■ HER (2/8)

1 1/3 cup oats, 1 scoop protein, 1/2 banana, 1 tbsp PB, chia, almond milk

330 kcal

■ HIM (3/8)

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

500 kcal

■ SON (3/8)

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

500 kcal

■ Lunch

■ Leftover: Thai Basil Chicken Couscous Bowl (from Sunday)

Sunday's big-batch Thai basil chicken reheated. Add a squeeze of lime and fresh cilantro to refresh. The garlic and basil deepen overnight.

■ HER (2/8)

Sun Thai basil chicken (2/8) + WW couscous reheated, lime, cilantro

380 kcal

■ HIM (3/8)

Sun Thai basil chicken (3/8) + couscous reheated, lime, cilantro

550 kcal

■ SON (3/8)

Sun Thai basil chicken (3/8) same as Him, lime, cilantro

550 kcal

■ Snack

Fresh Peach + String Cheese + Almonds

Fresh peach, part-skim mozzarella string cheese, small handful of almonds. Light before a bigger burger dinner.

■ HER (2/8)

1 peach, 1 string cheese, 8 almonds

200 kcal

■ HIM (3/8)

1 large peach, 1 string cheese, 12 almonds

280 kcal

■ SON (3/8)

1 large peach, 1 string cheese, 12 almonds

280 kcal

■ Dinner

■ Angus Beef Burgers + Air Fryer Super Crispy Tots + Spring Mix Salad

■ CLEARS FREEZER: All 6 patties + all 28oz tots. BURGERS: 3:3:2 = Her ~1.5 patties, Him ~2.25 patties, Son ~2.25 patties — practical split: Her 1.5 (halve one), Him 2, Son 2, remaining 1/2 to whoever wants it. Season with salt and pepper, grill or cast iron pan 3 min per side, pull at 160F. WW buns. Toppings: romaine, tomato, red onion, Dijon + Chobani non-fat spread. TOTS: air fryer 400F 15–18 min per package, shake halfway. No cooking spray needed. SALAD: baby spring mix, halved cherry tomatoes, light lemon vinaigrette — half the dressing packet if using a kit.

■ HER (2/8)

~1.5 Angus patties, WW bun, toppings, ~6 air fryer tots, spring mix salad

610 kcal

■ HIM (3/8)

~2 Angus patties, WW bun, toppings, ~9 air fryer tots, spring mix salad

880 kcal

■ SON (3/8)

~2 Angus patties, WW bun, toppings, ~9 air fryer tots, spring mix salad

880 kcal

■ Dessert

■ Outshine Fruit Bar

One Outshine fruit bar each — light and cold after a hearty burger 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

■ Burger night runs higher — it's a feast night and it clears the freezer. Monday is the heaviest day this week by design. Prep Tuesday overnight oats before bed (3 jars).

Daily Totals (incl. dessert)

■ Her: 1,590 kcal

■ Him/Son: 2,280 kcal

■ Beef for stir fry — all ~2 lbs from freezer		
TUESDAY · ■ Chinese — Kung Pao Beef (Mild) 3:3:2 · Cook double · ■■ orange = leftover · Dessert in daily total · ■ Son = Him		
■ Breakfast ■ Overnight Oats with Banana, Peanut Butter & Chia (prepped Monday night) Second jar from Monday night's prep. Grab straight from the fridge — zero morning effort.		
■ 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, banana, 1.5 tbsp PB, chia, honey 500 kcal	■ SON (3/8) ½ cup oats, 1.5 scoops protein, banana, PB, chia, honey 500 kcal
■■ Lunch ■■ Leftover: Thai Basil Chicken Bowl (from Sunday — 2nd carry) Sunday's Thai basil chicken second carry — the garlic and basil flavours are even deeper on day 2. Serve over fresh WW couscous or microwave leftover couscous with a splash of water.		
■ HER (2/8) Sun Thai basil chicken (2/8) reheated, lime squeeze, fresh couscous or leftover 370 kcal	■ HIM (3/8) Sun Thai basil chicken (3/8) reheated, extra chili drizzle, lime 540 kcal	■ SON (3/8) Sun Thai basil chicken (3/8) same as Him 540 kcal
■ Snack Navel Oranges + String Cheese Fresh navel oranges, part-skim mozzarella string cheese. Simple and fresh.		
■ HER (2/8) 2 navel oranges, 1 string cheese 180 kcal	■ HIM (3/8) 2 navel oranges, 1 string cheese + 8 almonds 250 kcal	■ SON (3/8) 2 navel oranges, 1 string cheese + 8 almonds 250 kcal
■ Dinner ■ Kung Pao Beef (Mild) + Your Multigrain Rice Blend ■ ALL BEEF FROM FREEZER — thawed overnight. MARINADE: 2 tbsp low-sodium soy + 1 tbsp Shaoxing wine + 1 tsp cornstarch + pinch baking soda — coat beef 30 min. SAUCE: 3 tbsp low-sodium soy + 2 tbsp rice vinegar + 1 tbsp honey + 1 tbsp cornstarch + ¼ cup water — whisk. STIR-FRY: wok HIGH heat, 1 tbsp oil, sear beef in batches 2 min, set aside. Same wok: 4 garlic cloves + 1 tbsp ginger + 3–4 dried red chillies (mild amount — remove before eating if preferred). Add bell peppers + zucchini 2 min. Return beef + sauce + ¼ cup roasted peanuts. Toss 1 min. NO Sichuan peppercorns. MULTIGRAIN RICE: rice cooker, multigrain setting. PORTION 3:3:2. Make EXTRA — saves for Wed lunch.		
■ HER (2/8) 2/8 Kung Pao beef, mild sauce, ½ cup multigrain rice, peanuts 430 kcal	■ HIM (3/8) 3/8 Kung Pao beef, ¾ cup multigrain rice, generous peanuts 620 kcal	■ SON (3/8) 3/8 Kung Pao beef same as Him, multigrain rice 620 kcal
■ Dessert ■ Fresh Watermelon Cold watermelon — a refreshing reset after the rich Kung Pao sauce.		
■ 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: Kung Pao Beef — rice night 1 of 2 ✓. Make EXTRA for Wed lunch. HIGH HEAT essential — don't crowd the pan when searing beef.		
Daily Totals (incl. dessert)	■ Her: 1,380 kcal	■■ Him/Son: 2,002 kcal

■ 85% lean ground beef — all 1 lb from freezer		
WEDNESDAY · ■ Mexican — Ground Beef & Black Bean Tacos/Burritos <i>3:3:2 · Cook double · ■■ orange = leftover · Dessert in daily total · ■ Son = Him</i>		
■ Breakfast		
■ Avocado Toast with Poached Eggs & Everything Bagel Seasoning WW toast, smashed avocado with lemon and salt, poached eggs, everything bagel seasoning. 3 people — double His amounts 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: Kung Pao Beef Rice Bowl (from Tuesday) Tuesday's Kung Pao beef and multigrain rice reheated. Add a splash of water to the pan to loosen the sauce. Top with fresh scallion.		
■ HER (2/8) Tue Kung Pao beef (2/8) + multigrain rice reheated, scallion 400 kcal	■ HIM (3/8) Tue Kung Pao beef (3/8) + rice reheated, extra sauce splash, scallion 580 kcal	■ SON (3/8) Tue Kung Pao beef (3/8) same as Him, scallion 580 kcal
■ Snack		
Cottage Cheese with Fresh Peach & Walnuts Low-fat cottage cheese, fresh peach slices, chopped walnuts. High protein snack before a satisfying Mexican dinner.		
■ HER (2/8) ½ cup cottage cheese, ½ peach, 6 walnut halves 155 kcal	■ HIM (3/8) ¾ cup cottage cheese, 1 peach, 8 walnut halves 230 kcal	■ SON (3/8) ¾ cup cottage cheese, 1 peach, 8 walnut halves 230 kcal
■ Dinner		
■ Ground Beef & Black Bean Tacos/Burritos + Your Pico de Gallo + Your Guacamole ■ 1 lb ground beef FROM FREEZER. BEEF: brown in pan, drain fat, add cumin + chili powder + smoked paprika + garlic powder + salt + ¼ cup water, simmer 3 min. BEANS: drain + rinse 1 can black beans, warm in same pan with beef. PICO (your recipe): 3 medium tomatoes + ½ red onion + 1–2 Anaheim peppers (mild) + 2 tbsp cilantro + 2 garlic cloves + 1 tbsp lime juice + 1 tsp olive oil + salt/pepper. ~25 kcal/serving. GUACAMOLE (your recipe, diet-portioned): 3 avocados mashed with fork (leave chunks) + ½ red onion finely diced + 1 Anaheim chili minced + generous cilantro + juice from 3 limes + salt. Batch ~540 kcal — see portions below. TORTILLAS: Wife + Him = WW burrito wrap. Son = WW burrito OR crispy corn taco shells. PORTION 3:3:2 for beef + bean filling. Leftover filling + pico + guac → Thu burrito bowl lunch.		
■ HER (2/8) 2/8 beef+bean filling, WW burrito, pico, 2 tbsp guacamole (~54 kcal) 490 kcal	■ HIM (3/8) 3/8 beef+bean filling, WW burrito, pico, 3 tbsp guacamole (~81 kcal) 680 kcal	■ SON (3/8) 3/8 beef+bean filling, WW burrito OR corn shells, pico, 3 tbsp guac (~81 kcal) 680 kcal
■ Dessert		
■ Outshine Fruit Bar One Outshine bar each — cool and sweet after the Mexican spiced dinner.		
■ 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: Ground Beef Tacos/Burritos. Make EXTRA filling + keep remaining pico + guac for Thu burrito bowl lunch. Press plastic wrap directly onto guac surface to prevent browning.		
Daily Totals (incl. dessert)	■ Her: 1,405 kcal	■ Him/Son: 2,020 kcal

■ Pasta Prima Spinach Mozz Ravioli (all 20oz) + thin sliced chicken breast (~1 lb)

THURSDAY · ■■ Italian — Spinach Ravioli + Chicken Strips

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

■ Breakfast

Savory Congee with Lean Pork & Pickled Greens

Smooth jasmine rice porridge with lean ground pork, zha cai pickled greens, fresh ginger, scallion, white pepper and sesame oil. Light and warming before an Italian dinner.

■ HER (2/8)

½ cup jasmine rice, 2oz lean pork, zha cai, ginger, 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: Ground Beef & Bean Burrito Bowl (from Wednesday)

Wednesday's beef + black bean filling served as a bowl over spring mix (no tortilla for a lighter lunch) with leftover pico de gallo and remaining guacamole (already stored with lime + plastic wrap).

■ HER (2/8)

Wed beef+bean filling (2/8) over spring mix, leftover pico + guac

380 kcal

■ HIM (3/8)

Wed beef+bean filling (3/8) over spring mix or in WW wrap, pico + guac

550 kcal

■ SON (3/8)

Wed beef+bean filling (3/8) same as Him, pico + guac

550 kcal

■ Snack

Mixed Nuts + Red Grapes

Small handful of mixed almonds, cashews and walnuts with fresh red grapes.

■ 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

■■ Pasta Prima Spinach Mozz Ravioli + Grilled Chicken Strips + Prego Marinara + Garden Salad

■ CLEARS RAVIOLI + THIN CHICKEN FROM FREEZER. CHICKEN STRIPS: thin sliced chicken breast, season with Italian herbs + garlic powder + salt. Grill or pan-sear 2–3 min per side. Slice into strips. RAVIOLI: cook per package (usually 4–5 min boiling water, float to top = done). Warm Prego Traditional in a saucepan, pour over ravioli. Top with chicken strips + fresh Parmesan. SALAD: baby spring mix, cherry tomatoes, cucumber, light vinaigrette (half dressing packet). PORTION 3:3:2 for ravioli + chicken combined. Make EXTRA — saves for Fri lunch.

■ HER (2/8)

2/8 ravioli + chicken strips, Prego marinara, 1 tbsp Parmesan, garden salad

450 kcal

■ HIM (3/8)

3/8 ravioli + chicken strips, extra Prego marinara, 2 tbsp Parmesan, salad

650 kcal

■ SON (3/8)

3/8 ravioli + chicken strips same as Him, marinara, Parmesan, salad

650 kcal

■ Dessert

■ Fresh Watermelon

Cold watermelon — refreshing contrast after the rich ravioli and marinara.

■ 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: Ravioli floats = done. Clears ravioli + thin chicken from freezer. Make EXTRA for Fri lunch.

Daily Totals (incl. dessert)

■ Her: 1,380 kcal

■■ Him/Son: 1,982 kcal

Pork shoulder — ~2 lbs of 4 lbs 8 oz from freezer		
FRIDAY · ■ Chinese — Pork Shoulder Mushroom & Green Bean Stir-Fry 3:3:2 · Cook double · ■■ orange = leftover · Dessert in daily total · ■ Son = Him		
Breakfast Mango Peanut Butter Protein Smoothie (3 glasses) Frozen mango, natural PB, vanilla protein powder, unsweetened almond milk, ice. Blend each serving or one large batch. 3 minutes total.		
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, almond milk, ice 470 kcal
Lunch Leftover: Spinach Ravioli + Chicken Strips (from Thursday) Thursday's ravioli and chicken reheated — cover with damp paper towel, microwave 2 min. The Prego marinara heats the ravioli beautifully. Add fresh Parmesan.		
HER (2/8) Thu ravioli + chicken (2/8) reheated, splash Prego, fresh Parmesan 430 kcal	HIM (3/8) Thu ravioli + chicken (3/8) reheated, extra Prego, fresh Parmesan 620 kcal	SON (3/8) Thu ravioli + chicken (3/8) same as Him, Parmesan 620 kcal
Snack Chobani Greek Yogurt with Mixed Berries & Honey Chobani non-fat Greek yogurt with fresh or frozen mixed berries and a drizzle of honey.		
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 mixed berries, 1 tsp honey 230 kcal	SON (3/8) ¾ cup Chobani non-fat, ¾ cup berries, 1 tsp honey 230 kcal
Dinner Pork Shoulder Mushroom & Green Bean Stir-Fry + Jasmine Rice (Your Recipe) ~2 LBS PORK SHOULDER FROM FREEZER — thawed overnight. YOUR RECIPE — cook your way. Diet notes for reference: slice pork thin against the grain. MARINADE: low-sodium soy + Shaoxing wine + cornstarch. HIGH HEAT wok — sear pork in batches. Add mushrooms (cremini or shiitake) 3 min. Add fresh green beans (blanched 2 min first), garlic + ginger. SAUCE: oyster sauce + low-sodium soy + sesame oil. Toss everything together. JASMINE RICE: rice cooker. A hearty, deeply satisfying bowl — one of the most comforting dishes in the rotation. PORTION 3:3:2. Make EXTRA — saves for Sat lunch.		
HER (2/8) 2/8 pork shoulder stir-fry with mushrooms + green beans, ½ cup jasmine rice 430 kcal	HIM (3/8) 3/8 pork shoulder stir-fry, mushrooms + green beans, ¾ cup jasmine rice 620 kcal	SON (3/8) 3/8 pork shoulder stir-fry same as Him, jasmine rice 620 kcal
Dessert Outshine Fruit Bar One Outshine bar each. Cool and sweet after the rich savoury pork stir-fry.		
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: Pork Shoulder Stir-Fry — your recipe. Rice night 2 of 2 ✓. Make EXTRA for Sat lunch.		
Daily Totals (incl. dessert)	■■ Her: 1,400 kcal	■■■ Him/Son: 2,010 kcal

■ Thin sliced pork chops — ~1.5 lbs from freezer		
SATURDAY · ■ American — Honey Dijon Thin-Sliced Pork Chops <i>3:3:2 · Cook double · ■■ orange = leftover · Dessert in daily total · ■ Son = Him</i>		
■ Breakfast		
Blueberry Yogurt Parfait with Granola & Chia Seeds Chobani non-fat, fresh blueberries, low-sugar granola and chia seeds. Stir chia into yogurt 10 min before layering. Back to the week's opening breakfast — a reliable favourite.		
■ 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 — Chobani, blueberries, granola, chia, honey 450 kcal
■■ Lunch		
■ Leftover: Pork Shoulder Mushroom & Green Bean Stir-Fry Bowl (from Friday) Friday's pork stir-fry reheated over fresh jasmine rice or leftover rice. The oyster sauce and sesame deepens overnight. Add fresh scallion and a drizzle of sesame oil.		
■ HER (2/8) Fri pork stir-fry (2/8) reheated, jasmine rice, scallion, sesame oil 400 kcal	■ HIM (3/8) Fri pork stir-fry (3/8) reheated, rice, extra sauce, scallion 590 kcal	■ SON (3/8) Fri pork stir-fry (3/8) same as Him, jasmine rice, scallion 590 kcal
■ Snack		
Celery + Baby Carrots + Roasted Garlic Hummus Fresh celery stalks and baby carrots with roasted garlic hummus for dipping.		
■ HER (2/8) 4 celery stalks, 8 baby carrots, 3 tbsp hummus 130 kcal	■ HIM (3/8) 5 celery stalks, 10 baby carrots, 5 tbsp hummus 200 kcal	■ SON (3/8) 5 celery stalks, 10 baby carrots, 5 tbsp hummus 200 kcal
■ Dinner		
■ Honey Dijon Thin-Sliced Pork Chops + Fresh Bacon-Garlic Green Beans ■ THIN SLICED PORK CHOPS FROM FREEZER — thawed overnight. MARINADE (30 min minimum, overnight better): 3 tbsp Dijon mustard + 2 tbsp honey + 1 tbsp olive oil + 2 garlic cloves minced + 1 tsp fresh thyme + salt + pepper — coat all chops. HIGH HEAT PAN (or George Foreman): these are thin-sliced — 2–3 min per side MAXIMUM. The honey caramelises into a beautiful golden glaze. Pull the moment juices run clear and rest 2–3 min. Do not overcook thin chops — they turn tough very quickly. GREEN BEANS (your recipe): cook 2 strips centre-cut bacon crispy, set aside. Sauté 3–4 garlic cloves sliced in bacon drippings, add fresh green beans, cook 5–7 min tender-crisp, crumble bacon back in. PORTION 3:3:2. Make EXTRA pork chops — saves for Sun lunch. MARINATE TONIGHT for best flavour.		
■ HER (2/8) 2/8 honey Dijon pork chops (thin, 2–3 min per side), fresh bacon-garlic green beans 420 kcal	■ HIM (3/8) 3/8 honey Dijon pork chops, generous fresh bacon-garlic green beans 600 kcal	■ SON (3/8) 3/8 honey Dijon pork chops same as Him, green beans 600 kcal
■ Dessert		
■ Fresh Watermelon Week's final watermelon dessert. Cool and hydrating — the perfect close to a big cooking week.		
■ 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
■ Honey Dijon Pork Chops: marinate tonight if possible, cook 2–3 min per side MAX on high heat. Make EXTRA — Sun lunch closes the loop.		
Daily Totals (incl. dessert)	■ Her: 1,370 kcal	■■ Him/Son: 1,932 kcal

■ FREEZER TRACKER — After Week 20

7 items cleared this week · Remaining items for Weeks 21+

■ Ground chicken	■ CLEARED Week 20	Sunday Thai Basil
■ Angus beef patties (6 × ■ lb)	■ CLEARED Week 20	Monday Burger Night
■ Super Crispy Tots (28oz)	■ CLEARED Week 20	Monday Burger Night
■ Beef for stir fry (~2 lbs)	■ CLEARED Week 20	Tuesday Kung Pao
■ 85% lean ground beef (1 lb)	■ CLEARED Week 20	Wednesday Tacos/Burritos
■ Spinach Mozz Ravioli (20oz)	■ CLEARED Week 20	Thursday Ravioli Night
■ Thin sliced chicken breast (~1 lb)	■ CLEARED Week 20	Thursday Chicken Strips
■ Thin sliced pork chops	~½ lb remaining	Week 21 breakfast addition
■ Pork ribs (~2 lbs 2 oz)	Carrying to Week 21	■■■■■■■■ — wife's recipe
■ Pork shoulder (~2 lbs 8 oz remaining)	Carrying to Week 21	Second pork/mushroom/green bean batch
■ TJ's Breaded Tenders (~35 oz)	Carrying to Week 21	2 more tender nights
■ Flank steak (2 lbs 4 oz)	Carrying to Week 21	Fajitas or stir fry
■ BSKCT thighs (1 lb 3 oz)	Carrying to Week 21	Quick stir fry or sheet pan
■ Jimmy Dean links	■ CLEARED Week 19	Cleared last week
■ Steak	■ CLEARED (friends visit)	Gone!
■ Salmon	■ CLEARED Week 18+	Gone!

GROCERY SHOPPING LIST · WEEK 20 · 3 PEOPLE

7 Freezer Items Cleared — Mostly Fresh Produce & Pantry

All proteins from freezer · His × 2 + Her × 1 for shopping · 3 avocados needed for guacamole

■ FROM YOUR FREEZER — No Purchase Needed (7 items cleared this week!)

■ Ground chicken (all 3 lbs)

Sun Thai Basil — thaw Saturday night

From freezer

■ Angus patties (all 6) + Crispy Tots (28oz)

Mon burger night — cook patties from fridge, tots from frozen

From freezer

■ Beef stir fry (all ~2 lbs) <i>Tue Kung Pao — thaw Monday night</i>	From freezer	■ Ground beef 85% lean (all 1 lb) <i>Wed tacos/burritos — thaw Tuesday night</i>	From freezer
■ Spinach Mozz Ravioli (all 20oz) <i>Thu — cook from frozen per package</i>	From freezer	■ Thin sliced chicken breast (~1 lb) <i>Thu — thaw Wednesday night</i>	From freezer
■ Thin sliced pork chops (~1.5 lbs) <i>Sat Honey Dijon — thaw Friday night, marinate Friday night</i>	From freezer	■ Pork shoulder (~2 lbs) <i>Fri — thaw Thursday night</i>	From freezer

■ Fresh Produce · quantities for 3 people all meals

■ Fresh green beans ■ <i>Tue Kung Pao side + Sat Honey Dijon side — your recipe both times</i>	~2 lbs	■ Cremini or shiitake mushrooms <i>Fri pork shoulder stir-fry × 3</i>	2 × 8oz packs
■ Baby spring mix <i>Mon burger salad, Tue salad, Thu leftover bowl</i>	3 × 5oz bags	■ Fresh basil (large bunch) ■ <i>Sun Thai basil chicken — generous amount needed</i>	2 bunches
■ Fresh cilantro <i>Wed pico de gallo + guacamole</i>	1 bunch	■ Avocados (ripe) <i>Wed guacamole (3 for recipe) + Wed/Thu avocado toast (3 more)</i>	3 + 3 extra
■ Tomatoes (medium) <i>Wed pico de gallo — your recipe</i>	3	■ Red onion <i>Wed pico + guacamole</i>	2
■ Anaheim peppers <i>Wed pico de gallo + guacamole — one each</i>	2	■ Bell peppers (red + yellow) <i>Tue Kung Pao beef</i>	3
■ Zucchini (medium) <i>Tue Kung Pao beef</i>	2	■ Cherry tomatoes <i>Mon burger, Thu salad, general</i>	2 pints
■ Cucumber (large) <i>Thu salad, general</i>	2	■ Scallion / green onion <i>Tue Kung Pao + Fri pork stir-fry, general</i>	2 bunches
■ Ginger (fresh knob) <i>Tue Kung Pao, Fri pork stir-fry, Thu congee</i>	1 large	■ Garlic (fresh) <i>All week — Thai basil, Kung Pao, pork stir-fry, Sat green beans</i>	3 heads
■ Fresh lemon <i>Wed avocado toast, general</i>	3	■ Lime <i>Wed guacamole (juice from 3 limes — your recipe)</i>	3
■ Blueberries (fresh) <i>Sun + Sat parfait × 3</i>	1 × 12oz container	■ Mixed berries (fresh/frozen) <i>Fri yogurt snack</i>	1 × 12oz bag
■ Mango (frozen) <i>Fri protein smoothie × 3</i>	1 × 12oz bag	■ Peaches (fresh) <i>Mon snack × 3 people</i>	3
■ Apples (medium + large) <i>Sun snack</i>	2 + 4	■ Navel oranges <i>Tue snack × 3</i>	1 × 4lb bag
■ Red grapes (bunch) <i>Thu mixed nuts snack</i>	1 bunch	■ Watermelon (seedless, small-medium) <i>Sun/Tue/Thu/Sat dessert — one watermelon covers all 4 nights</i>	1
■ Baby carrots (bag) <i>Sat hummus snack</i>	1 × 1 lb	■ Celery (bunch) <i>Sat hummus snack</i>	1

■ Dairy & Refrigerated

■ Chobani non-fat plain Greek yogurt <i>Sun + Sat parfait × 3, Fri snack × 3</i>	2 × 32oz tubs	■ Low-fat cottage cheese <i>Wed snack × 3</i>	1 × 16oz container
■ Parmesan (freshly grated) <i>Thu ravioli + Fri ravioli leftover</i>	1 small wedge	■ String cheese (12ct) <i>Mon + Tue snack × 3</i>	1 pack
■ Centre-cut bacon <i>Sat fresh green beans — 2 strips</i>	1 pack	■ Eggs (large) <i>Wed poached, Thu congee side, general</i>	2 dozen
■ Lean ground pork (fresh) <i>Thu congee breakfast × 3</i>	~¾ lb	■ Prego Traditional marinara (24oz jar) <i>Thu ravioli + Fri leftover</i>	1 jar
■ WW burger buns <i>Mon burger night × 6 buns</i>	1 pack (6+)	■ WW burrito-size tortillas (large) <i>Wed burritos — Wife + Him</i>	1 pack
■ Corn taco shells (crispy) <i>Wed — Son's option</i>	1 small box	■ Black beans (canned, low-sodium) <i>Wed ground beef + bean filling</i>	1 × 15oz can
■ Hummus (roasted garlic) <i>Sat snack × 3</i>	1 tub	■ Mixed nuts <i>Thu snack × 3</i>	1 bag
■ Walnuts (halves) <i>Wed cottage cheese snack</i>	1 small bag	■ Roasted peanuts (unsalted) <i>Tue Kung Pao beef</i>	1 small bag

■ Grains & Pantry

■ WW couscous <i>Sun Thai basil chicken + Mon/Tue leftover carry</i>	1 × 10oz box	■ Jasmine rice <i>Thu congee, Fri pork shoulder stir-fry (rice night 2)</i>	1 × 2 lb bag
■ Multigrain rice blend (your custom mix) <i>Tue Kung Pao beef (rice night 1)</i>	Already stocked	■ Rolled oats <i>Mon + Tue overnight oats × 3 jars</i>	1 × 42oz canister
■ Chia seeds <i>Sun + Sat parfait, Mon + Tue oats</i>	1 bag	■ Low-sugar granola <i>Sun + Sat parfait</i>	1 small bag
■ Natural peanut butter <i>Sun/Mon/Tue oats + smoothies + snack</i>	1 jar	■ Whey protein powder <i>Mon + Tue overnight oats, Fri smoothie</i>	1 container
■ Honey (raw) <i>Sat Honey Dijon pork + parfait + Tue oats</i>	1 jar	■ Dijon mustard <i>Sat Honey Dijon pork chop marinade</i>	1 jar
■ Low-sodium soy sauce <i>Tue Kung Pao + Fri pork stir-fry</i>	1 large bottle	■ Low-sodium oyster sauce <i>Fri pork stir-fry + Tue Kung Pao</i>	1 bottle
■ Shaoxing Chinese cooking wine <i>Tue Kung Pao, Fri pork stir-fry</i>	1 bottle	■ Rice vinegar <i>Tue Kung Pao sauce</i>	1 bottle
■ Sesame oil (toasted) <i>Fri pork stir-fry, Thu congee</i>	1 bottle	■ Cornstarch <i>Tue Kung Pao beef</i>	1 box
■ Baking soda <i>Tue Kung Pao beef marinade tenderiser</i>	small amount	■ Fish sauce <i>Sun Thai basil chicken — 1 tbsp key ingredient</i>	1 small bottle
■ Low-sodium oyster sauce <i>Sun Thai basil chicken sauce</i>	already listed	■ Dried red chilies (mild amount) <i>Tue Kung Pao — 3–4 chilies mild</i>	1 small bag

■ Serrano or Anaheim chili (fresh) <i>Sun Thai basil chicken heat component</i>	1–2	■ Cumin + chili powder + smoked paprika <i>Wed taco/burrito beef seasoning</i>	1 each
■ Fresh thyme <i>Sat Honey Dijon pork marinade</i>	1 small bunch	■ Everything bagel seasoning <i>Wed avocado toast</i>	1 jar
■ Olive oil (extra virgin) <i>Sat pork marinade, Wed avocado toast</i>	1 bottle	■ Light cooking spray <i>Mon burger patties, general</i>	1 can
■ Outshine Fruit Bars 6ct <i>Mon/Wed/Fri dessert × 3 = 9 bars needed</i>	2 boxes	■ Sea salt + black pepper <i>All week</i>	stocked
■ Pickled mustard greens / zha cai <i>Thu congee</i>	1 jar	■ Unsweetened almond milk <i>Mon + Tue overnight oats × 3, Fri smoothie × 3</i>	2 × half-gallon

■ Supplements & Household			
■ Fish oil capsules — HIM <i>Age 52 — heart health</i>	1 bottle	■ Vitamin D3 + Magnesium — HIM <i>Bone density + sleep</i>	1 each
■ Multivitamin — HER <i>General coverage</i>	1 bottle	■ Multivitamin — SON <i>Growing young man</i>	1 bottle
■ Sparkling water <i>3 people — stock up</i>	2 × 24-pack	■ Plastic wrap <i>Wed guacamole storage — press directly onto surface to prevent browning</i>	1 roll
■ Freezer labels <i>Label remaining freezer items for Weeks 21+</i>	1 pack	■ Meat thermometer <i>Mon burgers 160F, Thu chicken 165F, Sat pork chops</i>	1

Week 20 Tips	Thai Basil: all basil OFF heat, smoking hot wok — medium heat makes steamed chicken not Thai basil · Guacamole: fork-mash, leave chunks — smooth blended guac is not the same · Kung Pao: baking soda in marinade transforms beef texture — don't skip · Honey Dijon pork chops: 2–3 min per side MAX — thin chops overcook in seconds · Ravioli: floating = done — do not overcook or they burst open · Monday burger: highest calorie day by design — clears the freezer, enjoy it
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