

BROWMAN ALI's

CHOLESTEROL LOWERING JAZZ COOKBOOK

A 2-Week Rotation for High-Performance Living

Built for flavour. Built for discipline. Built to avoid meds.

Ver. 1 – Mar 2026

NATIONS GROCER MASTER SHOPPING LIST

Proteins

- Salmon fillets
- White fish fillets (haddock, halibut, cod, tilapia, etc.)
- Shrimp
- Squid
- Octopus
- Scallops
- Crab or imitation crab
- Chicken legs
- Pork tenderloin
- Lean sirloin beef
- Eggs
- Greek yogurt

Vegetables

- Spinach
- Kale
- Mustard greens
- Broccoli
- Zucchini
- Mushrooms
- Cucumber
- Bean sprouts
- Green onions
- Cilantro
- Garlic
- Fresh ginger
- Tomatoes
- Romaine lettuce
- Lemons
- Limes

Carbs / Bases

- Brown rice
- Shirataki noodles
- Soba noodles
- Rice noodles

Snacks

- Mixed nuts
- Dark chocolate
- Apples
- Bananas
- Berries

Oils / Sauces / Pantry

- Avocado oil
- Olive oil
- Sesame oil
- Soy sauce
- Rice vinegar
- Apple cider vinegar
- Dijon mustard
- Chili oil
- Sriracha
- Black pepper
- Chili flakes
- Salt
- Almonds or walnuts

RULES OF THE SYSTEM

- Fish or seafood: 3–4x per week minimum
- Chicken: primary land protein
- Pork: maximum 2 meals per 2 weeks
- Beef: maximum 2 meals per 2 weeks
- Vegetables: minimum half your plate
- Bean sprouts: use frequently (volume + crunch + low carb)
- Carbs: controlled (brown rice or smart noodles only)
- Sugar snacks: eliminated or rare
- Oils: avocado oil for cooking; olive oil for salads; sesame oil for finishing only

GINGER-SOY SALMON

WITH BROCCOLI, ZUCCHINI, AND BROWN RICE

This is a core cholesterol-lowering meal: fatty fish, lots of vegetables, controlled carbs, and no heavy saturated fat.

Makes - 1 large meal

Ingredients

- 1 salmon fillet, about 6–8 oz
- 1 cup broccoli florets
- 1 medium zucchini, sliced into half-moons
- 3/4 cup cooked brown rice
- 1 teaspoon avocado oil
- 1 teaspoon soy sauce
- 1 teaspoon lime juice
- 1/2 teaspoon sesame oil
- 1 clove garlic, minced
- 1 teaspoon fresh ginger, minced
- 1 green onion, sliced

Equipment

- 1 frying pan or skillet
- 1 small pot or rice cooker if making rice fresh
- Spatula
- Knife and cutting board

Timing & Heat

- Cook Time: 15–20 minutes total
- Heat: Rice: medium if using stovetop; salmon: medium to medium-high; vegetables: medium-high

Step-by-Step Directions

1. If your brown rice is not already cooked, start that first. Use about 1/4 cup dry brown rice and cook according to package directions. Brown rice takes longer than white rice, usually 30–40 minutes, so batch-cooked rice is easiest.
2. Take the salmon out of the fridge 10 minutes before cooking so it is not ice-cold in the center.
3. Pat the salmon dry with paper towel. This helps it sear instead of steam.
4. Check for pin bones by running your fingers lightly over the top surface. Pull any out with tweezers if needed.
5. Slice the zucchini. Cut broccoli into bite-size florets if not already cut. Mince the garlic and ginger. Slice the green onion.
6. Heat the skillet over medium heat for about 1 minute. Add the avocado oil.
7. Put the salmon in the pan skin-side down if it has skin. Do not move it for 4–5 minutes.
8. Watch the colour rise up the side of the fillet. When it has cooked about halfway up, flip it.
9. Cook the second side for another 3–4 minutes, depending on thickness. Remove when it flakes but is still moist inside.
10. Move salmon to a plate and let it rest.
11. In the same pan, add the broccoli and zucchini. Stir for 1 minute, then add garlic and ginger.
12. Cook another 4–5 minutes, stirring often, until vegetables are tender but not mushy.
13. Put rice in a bowl or plate. Place vegetables on one side and salmon on top or beside.
14. Drizzle soy sauce, lime juice, and sesame oil over the plate. Scatter sliced green onion on top.

Notes, Options & Substitutions

- Meat/Fish Prep Notes: Do not overcrowd the pan. Do not keep flipping the salmon. One flip is enough. Salmon is best when just cooked through, not dry.
- Air Fryer Option: Preheat air fryer to 400°F. Lightly oil salmon. Cook 8–10 minutes depending on thickness. Cook vegetables separately on stovetop.
- Microwave Option: Reheat cooked rice in microwave with a spoonful of water and cover loosely. Do not microwave raw salmon for this recipe.
- Flavor Variations: Add chili oil at the end for heat. Swap lime for lemon. Add bean sprouts at the very end for crunch.
- Substitutions: Salmon can be swapped for white fish. Brown rice can be swapped for soba noodles or shirataki noodles.

ROASTED CHICKEN LEGS WITH MUSTARD GREENS AND MUSHROOMS

Cheap, filling, easy to batch-cook, and much better for your cholesterol goals than making pork your default protein.

Makes - 1 large meal

Ingredients

- 2 chicken legs
- 1 cup mushrooms, sliced
- 2 cups mustard greens, chopped
- 1 teaspoon avocado oil
- 1 clove garlic, minced
- 1 teaspoon fresh ginger, minced
- 1 teaspoon soy sauce
- Pinch chili flakes
- Optional: 1/2 cup cooked brown rice

Equipment

- 1 frying pan or skillet
- 1 small pot or rice cooker if making rice fresh
- Spatula
- Knife and cutting board

Timing & Heat

- Cook Time: 15–20 minutes total
- Heat: Rice: medium if using stovetop; salmon: medium to medium-high; vegetables: medium-high

Step-by-Step Directions

1. Take chicken legs out of the fridge 15 minutes before cooking.
2. Pat them dry thoroughly with paper towel. This helps the skin crisp.
3. Put the chicken legs on a tray or plate. Rub with avocado oil.
4. Add a small amount of soy sauce, garlic, ginger, and chili flakes. Rub this all over the chicken. Do not use too much soy sauce or the skin may steam instead of crisp.
5. Preheat oven to 400°F. Line a tray with parchment or foil for easy cleanup.
6. Place chicken legs on the tray with space between them.
7. Roast for 40–45 minutes until skin is browned and juices run clear. Internal temperature should be 165°F at the thickest part.
8. Remove from oven and let rest 5 minutes.
9. If doing the heart-health version strictly, remove most of the skin before eating. You can keep a little for flavour.
10. While chicken rests, heat a skillet over medium-high heat.
11. Add mushrooms and cook 2 minutes.
12. Add mustard greens, garlic, and ginger. Stir until greens wilt, about 2–4 minutes.
13. Add soy sauce right at the end and toss.
14. Plate the greens and mushrooms, then add the chicken.

Notes, Options & Substitutions

- Meat Prep Notes: Chicken legs are forgiving and great for beginners. Always pat them dry first. Cook them fully; dark meat likes time. If blood remains pink near the bone, cook a little longer.
- Microwave Option: Reheat cooked chicken covered loosely for 1–2 minutes. Reheat vegetables separately so they do not get soggy.
- Flavor Variations: Lime + soy + garlic; chili + sesame finish; sriracha added after cooking.
- Substitutions: Mustard greens can be swapped for spinach or kale. Mushrooms can be omitted if needed.

SHRIMP AND BEAN SPROUT STIR-FRY BOWL

Fast, high-protein, and built around bean sprouts, which give bulk and crunch without loading the meal with flour-based carbs.

Makes - 1 large meal

Ingredients

- 8–10 shrimp, peeled and deveined
- 2 large handfuls bean sprouts
- 1 cup spinach
- 1/2 cup mushrooms, sliced
- 3/4 cup cooked brown rice
- 1 teaspoon avocado oil
- 1 clove garlic, minced
- 1 teaspoon ginger, minced
- 1 teaspoon soy sauce
- 1 teaspoon lime juice
- 1/2 teaspoon chili oil

Equipment

- Skillet or wok
- Spatula
- Knife and cutting board

Timing & Heat

- Cook Time: 10 minutes
- Heat: High

Step-by-Step Directions

1. If shrimp are frozen, thaw them first under cold running water or overnight in the fridge.
2. Pat shrimp dry well.
3. If shrimp still have shells, peel them. If not deveined, cut lightly along the back and remove the dark vein.
4. Heat a skillet or wok over high heat. Add avocado oil.
5. Add shrimp in one layer. Cook 1 minute on first side.
6. Flip and cook 30–60 seconds more. Remove when just pink and curled. Do not overcook.
7. In same pan, add mushrooms and cook 1 minute.
8. Add garlic and ginger. Stir 20 seconds.
9. Add bean sprouts and spinach. Toss for 1–2 minutes only. Bean sprouts should stay crisp.
10. Return shrimp to the pan.
11. Add soy sauce, lime juice, and chili oil.
12. Toss everything together for 20–30 seconds and serve over brown rice.

Notes, Options & Substitutions

- Seafood Prep Notes: Shrimp cook very fast. Stop as soon as they turn pink and opaque. Overcooked shrimp become rubbery.
- Air Fryer Option: Not ideal for this exact recipe because the sprouts and spinach are better on stovetop.
- Microwave Option: Good only for reheating fully cooked leftovers.
- Flavor Variations: Add sesame oil at the end. Use soba noodles instead of rice. Add cilantro after plating.
- Substitutions: Shrimp can become scallops or squid. Spinach can become kale, but cook kale a little longer.

WHITE FISH IN GARLIC-LIME BROTH WITH GREENS

A lighter meal that still feels substantial. Poaching is forgiving and beginner-friendly.

Makes - 1 large meal

Ingredients

- 1 white fish fillet, 6–8 oz
- 2 cups spinach or other greens
- 1/2 cup mushrooms
- 1 teaspoon avocado oil
- 1 clove garlic, minced
- 1 teaspoon ginger, minced
- 1 cup low-sodium broth or water
- 1 teaspoon soy sauce
- 1 teaspoon lime juice
- Green onion for garnish

Equipment

- Medium pan with lid
- Knife and board
- Spoon

Timing & Heat

- Cook Time: 12–15 minutes
- Heat: Medium

Step-by-Step Directions

1. Pat the fish dry and check for bones with your fingers.
2. Slice mushrooms and wash greens.
3. Heat avocado oil in a medium pan.
4. Add garlic and ginger and stir 20–30 seconds.
5. Add broth or water and bring to a gentle simmer.
6. Add soy sauce.
7. Lower the fish gently into the broth.
8. Cover loosely and poach for 5–6 minutes, depending on thickness.
9. Add mushrooms and greens during the last 2 minutes.
10. Spoon broth over the fish while it cooks.
11. Fish is done when it flakes easily with a fork.
12. Transfer everything to a bowl and finish with lime juice and green onion.

Notes, Options & Substitutions

- Fish Prep Notes: White fish is delicate, so do not stir aggressively. Halibut and haddock both work well here.
- Microwave Option: Can reheat leftovers gently, but fish is best fresh.
- Flavor Variations: Add chili flakes, add bean sprouts at the end, or add a few drops of sesame oil as finishing oil.
- Substitutions: White fish can be salmon. Greens can be mustard greens or spinach.

SQUID, ZUCCHINI, AND BEAN SPROUT STIR-FRY

Fast and flavourful. Squid is perfect if you like seafood variety, but it must be cooked quickly.

Makes - 1 large meal

Ingredients

- 1/2 lb squid, cleaned & sliced into rings or strips
- 1 zucchini, sliced
- 2 large handfuls bean sprouts
- 1 teaspoon avocado oil
- 1 clove garlic, minced
- 1 teaspoon ginger, minced
- 1 teaspoon soy sauce
- 1/2 teaspoon sesame oil
- Chili flakes to taste

Equipment

- Pan or wok
- Knife and board
- Spatula

Timing & Heat

- Cook Time: 8–10 minutes
- Heat: High

Step-by-Step Directions

1. If squid is frozen, thaw fully and pat dry.
2. If using whole squid, clean it first by removing innards, clear quill, and beak. Rinse well.
3. Slice into rings or strips.
4. Heat pan or wok over high heat. Add avocado oil.
5. Add squid and spread it out.
6. Cook 1 minute, stir once, then remove immediately once it firms and turns opaque.
7. Add zucchini and cook 2–3 minutes.
8. Add garlic and ginger and stir briefly.
9. Add bean sprouts and toss 1 minute.
10. Return squid to the pan.
11. Add soy sauce, sesame oil, and chili flakes.
12. Toss 20–30 seconds and serve.

Notes, Options & Substitutions

- Seafood Prep Notes: The biggest mistake with squid is overcooking it. Quick cooking keeps it tender.
- Substitutions: Squid can be octopus only if octopus is already cooked. Add brown rice or soba noodles if desired.

SALMON CUCUMBER CRUNCH SALAD

A meal salad that still feels substantial because it carries real protein and healthy fat.

Makes - 1 large meal

Ingredients

- 1 cooked salmon fillet
- 2 cups romaine
- 1 cup spinach
- 1/2 cucumber, chopped
- 1 green onion, sliced
- Small handful almonds or walnuts
- Optional cilantro
- 1 tablespoon olive oil
- 1 tablespoon lemon or lime juice
- Pinch salt
- Black pepper

Equipment

- Mixing bowl
- Small bowl for dressing
- Knife and board

Timing & Heat

- Cook Time: 10 minutes if salmon is already cooked; 20 if cooking fresh
- Heat: Medium if cooking salmon

Step-by-Step Directions

1. If cooking salmon fresh, follow the salmon method from the salmon bowl recipe.
2. Let salmon cool slightly, then flake into large pieces.
3. Wash and dry lettuce and spinach.
4. Chop cucumber and slice green onion.
5. Put greens in a large bowl.
6. Add cucumber, green onion, and nuts.
7. Place flaked salmon on top.
8. In a small bowl, whisk olive oil, lemon juice, salt, and pepper.
9. Drizzle dressing over salad just before eating.
10. Toss lightly or leave layered.

Notes, Options & Substitutions

- Notes: Cucumber gives volume and crunch.
- Substitutions: Salmon can become shrimp, crab, or chicken. Nuts can be omitted if you want it lighter.

SCALLOPS WITH GARLIC GREENS AND BROWN RICE

A luxury option for variety nights. The trick is getting a good sear without overcooking them.

Makes - 1 large meal

Ingredients

- 6–8 scallops
- 2 cups spinach or kale
- 3/4 cup cooked brown rice
- 1 teaspoon avocado oil
- 1 clove garlic, minced
- Lemon wedge
- Black pepper

Equipment

- Skillet
- Spatula
- Knife and board

Timing & Heat

- Cook Time: 10 minutes
- Heat: High for scallops; medium for greens

Step-by-Step Directions

1. Pat scallops completely dry. This is the most important step.
2. If scallops have a small side muscle attached, peel it off.
3. Heat skillet over high heat and add avocado oil.
4. Place scallops in pan with space between them.
5. Do not move them for 2 minutes.
6. Flip and cook 1–2 minutes more.
7. Remove scallops.
8. Lower heat to medium.
9. Add garlic and greens to pan.
10. Toss until wilted.
11. Plate rice first, then greens, then scallops.
12. Finish with lemon and black pepper.

Notes, Options & Substitutions

- Seafood Prep Notes: Wet scallops will not sear well, so dry them hard. Do not crowd the pan.
- Substitutions: Scallops can be shrimp if budget is tight.

LEAN PORK TENDERLOIN WITH BROCCOLI AND MUSTARD GREENS

One of your two controlled pork meals. Uses a lean cut rather than fatty pork.

Makes - 1 large meal

Ingredients

- 6 oz pork tenderloin
- 1 cup broccoli
- 2 cups mustard greens
- 1 teaspoon avocado oil
- 1 clove garlic, minced
- 1 teaspoon ginger, minced
- 1 teaspoon soy sauce
- 1 teaspoon rice vinegar

Equipment

- Skillet
- Knife and board
- Spatula

Timing & Heat

- Cook Time: 12–15 minutes
- Heat: Medium-high

Step-by-Step Directions

1. Trim any visible silver skin or tough connective tissue from the pork tenderloin.
2. Slice into medallions or thin strips.
3. Pat dry with paper towel.
4. Heat pan over medium-high and add avocado oil.
5. Add pork in a single layer.
6. Let it brown 2 minutes before stirring.
7. Flip or stir and cook another 2–3 minutes until just cooked through.
8. Remove pork from pan.
9. Add broccoli and cook 2 minutes.
10. Add garlic and ginger.
11. Add mustard greens and stir until wilted.
12. Return pork to pan.
13. Add soy sauce and rice vinegar.
14. Toss 30 seconds and serve.

Notes, Options & Substitutions

- Meat Prep Notes: Pork tenderloin is lean. It is not the same as fatty pork chops or pork belly. Do not overcook or it dries out.
- Substitutions: Pork can be chicken. Broccoli can be zucchini.

CHICKEN CUCUMBER HERB SALAD

A simple leftover-based salad that turns batch-cooked chicken into a fresh meal.

Makes - 1 large meal

Ingredients

- Meat from 2 cooked chicken legs, skin mostly removed
- 2 cups spinach or romaine
- 1/2 cucumber
- 1 handful bean sprouts
- Green onion
- Cilantro
- Small handful almonds
- 1 tablespoon olive oil
- 1 tablespoon rice vinegar
- 1 teaspoon mustard
- 1 small garlic clove, grated

Equipment

- Mixing bowl
- Small bowl
- Knife and board

Timing & Heat

- Cook Time: 5–10 minutes if chicken is already cooked
- Heat: None required beyond already-cooked chicken

Step-by-Step Directions

1. Use leftover roasted chicken legs.
2. Pull the meat off the bone.
3. Discard most of the skin.
4. Tear chicken into bite-size pieces.
5. Wash and dry greens.
6. Chop cucumber.
7. Put greens in bowl.
8. Add cucumber, bean sprouts, green onion, cilantro, and almonds.
9. Add chicken on top.
10. In a small bowl, whisk olive oil, rice vinegar, mustard, and grated garlic.
11. Drizzle over the salad.
12. Toss and eat.

Notes, Options & Substitutions

- Notes: Bean sprouts add body so this does not feel like rabbit food.

WHITE FISH TOMATO-ZUCCHINI SKILLET

A non-Asian flavour profile so the rotation feels broader and you do not get palate fatigue.

Makes - 1 large meal

Ingredients

- 1 white fish fillet
- 1 zucchini, sliced
- 1 small tomato or a handful cherry tomatoes
- 1 teaspoon olive oil or avocado oil
- 1 clove garlic, minced
- Lemon wedge
- Optional capers

Equipment

- Skillet
- Knife and board
- Spatula

Timing & Heat

- Cook Time: 12 minutes
- Heat: Medium

Step-by-Step Directions

1. Pat fish dry and season lightly with salt and pepper.
2. Heat pan over medium and add oil.
3. Place fish in pan and cook 3–4 minutes on first side.
4. Flip carefully and cook another 2–3 minutes. Remove.
5. In same pan, add zucchini and cook 2 minutes.
6. Add tomato and garlic.
7. Cook until tomatoes soften slightly.
8. Add capers if using.
9. Spoon vegetables over fish.
10. Finish with lemon.

Notes, Options & Substitutions

- Notes: This is a good halibut, cod, or haddock recipe.

WARM OCTOPUS SALAD WITH CUCUMBER AND GREENS

Warm protein over cold greens makes a more satisfying salad than a fully cold seafood salad.

Makes - 1 large meal

Ingredients

- 1 serving cooked octopus, sliced
- 2 cups romaine and/or spinach
- 1/2 cucumber
- Green onion
- Cilantro
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- Chili flakes

Equipment

- Pan
- Mixing bowl
- Knife and board

Timing & Heat

- Cook Time: 10 minutes
- Heat: Medium

Step-by-Step Directions

1. If octopus is raw, this is not a quick recipe; buy pre-cooked for this meal.
2. Slice cooked octopus into bite-size pieces.
3. Heat a pan over medium.
4. Add a tiny bit of oil if needed.
5. Warm octopus 1–2 minutes only.
6. Wash and dry greens.
7. Chop cucumber.
8. Build salad base with greens, cucumber, green onion, and cilantro.
9. Put warm octopus on top.
10. Drizzle with olive oil and lemon juice.
11. Finish with chili flakes.

Notes, Options & Substitutions

- Notes: Excellent with a few bean sprouts added for extra crunch.

LEAN BEEF AND MUSHROOM BOWL

One of your limited beef meals. Strong flavour, controlled portion.

Makes - 1 large meal

Ingredients

- 4–5 oz lean sirloin
- 1 cup mushrooms
- 1 cup broccoli
- 1/2 to 3/4 cup cooked brown rice
- 1 teaspoon avocado oil
- 1 clove garlic, minced
- 1 teaspoon ginger, minced
- 1 teaspoon soy sauce

Equipment

- Skillet
- Knife and board
- Spatula

Timing & Heat

- Cook Time: 10 minutes
- Heat: High

Step-by-Step Directions

1. Slice beef thinly against the grain.
2. Pat dry.
3. Heat pan over high and add oil.
4. Add beef in a single layer.
5. Let it sear 1 minute before stirring.
6. Cook another 1–2 minutes and remove.
7. Add mushrooms and broccoli.
8. Cook 2–3 minutes.
9. Add garlic and ginger.
10. Return beef to pan.
11. Add soy sauce.
12. Toss briefly and serve over rice.

Notes, Options & Substitutions

- Meat Prep Notes: Thin slicing is everything. Cut across the direction of the muscle fibers for tenderness.
- Notes: One of your only beef meals, so make it count.

CRAB-STYLE SEAFOOD SALAD WITH YOGURT-LEMON DRESSING

This gives you the Caesar-adjacent vibe without the heavy saturated-fat dressing bomb.

Makes - 1 large meal

Ingredients

- Crab or imitation crab
- 2 cups romaine
- 1 cup spinach
- 1/2 cucumber
- Green onion
- Optional small sprinkle parmesan
- 2 tablespoons Greek yogurt
- 1 tablespoon lemon juice
- 1 small garlic clove, grated
- Black pepper
- Optional tiny splash olive oil

Equipment

- Mixing bowl
- Small bowl
- Knife and board

Timing & Heat

- Cook Time: 5 minutes
- Heat: None

Step-by-Step Directions

1. Wash and dry the greens.
2. Chop cucumber.
3. Slice green onion.
4. Pull apart crab or imitation crab into bite-size pieces.
5. In a bowl, mix Greek yogurt, lemon juice, grated garlic, black pepper, and optional olive oil until smooth.
6. Put greens in serving bowl.
7. Add cucumber and green onion.
8. Add seafood on top.
9. Spoon dressing over top.
10. Add a very light sprinkle of parmesan if using.

Notes, Options & Substitutions

- Notes: Great lunch or lighter OMAD when you want something cool and fresh.

PORK TENDERLOIN AND SHRIMP SURF-AND-TURF STIR-FRY

A big-flavour meal that still keeps pork in a supporting role rather than the entire base of the diet.

Makes - 1 large meal

Ingredients

- 3 oz pork tenderloin, thinly sliced
- 6 shrimp
- 1 zucchini
- 1 large handful bean sprouts
- 1 teaspoon avocado oil
- 1 clove garlic, minced
- 1 teaspoon ginger, minced
- 1 teaspoon soy sauce
- 1 teaspoon lime juice
- 1/2 teaspoon sesame oil

Equipment

- Skillet or wok
- Knife and board
- Spatula

Timing & Heat

- Cook Time: 12 minutes
- Heat: High

Step-by-Step Directions

1. Trim and slice pork tenderloin thinly.
2. Pat pork dry.
3. Thaw and dry shrimp if frozen.
4. Heat pan over high and add oil.
5. Add pork and cook 2–3 minutes. Remove.
6. Add shrimp and cook about 1 minute per side. Remove.
7. Add zucchini and cook 2 minutes.
8. Add garlic and ginger.
9. Add bean sprouts and toss 1 minute.
10. Return pork and shrimp to pan.
11. Add soy sauce, lime juice, and sesame oil.
12. Toss briefly and serve.

Notes, Options & Substitutions

- Notes: This is the second and final pork meal in the two-week rotation.

10-MINUTE EMERGENCY MEALS

When you don't feel like cooking, these are the meals that prevent bad decisions and keep you on the system.

1. Shrimp + Bean Sprouts Bowl

- Cook 8–10 shrimp in avocado oil for about 2 minutes total.
- Add a big handful of bean sprouts, a splash of soy sauce, and lime juice.
- Serve as-is or over a small amount of leftover brown rice.

2. Egg + Spinach Bowl

- Scramble 2–3 eggs in a nonstick pan over medium heat.
- Add a large handful of spinach and let it wilt into the eggs.
- Finish with chili oil or sriracha.

3. Canned Fish + Cucumber Salad

- Use canned fish, leftover salmon, or imitation crab.
- Toss with chopped cucumber, romaine or spinach, olive oil, and lemon juice.
- Add green onion if you have it.

4. Chicken Leftover Bowl

- Reheat leftover chicken legs with a spoonful of water, covered loosely.
- Add any leftover vegetables and finish with soy-lime sauce.
- Serve over rice or with a quick cucumber side salad.

5. Shirataki Noodle Stir-Fry

- Rinse shirataki noodles well, then dry-fry them in a hot pan for 2–3 minutes.
- Add garlic, soy sauce, bean sprouts, and any cooked protein you have ready.
- Finish with sesame oil.

BATCH-COOKING SYSTEM: 2 COOK DAYS PER WEEK

Goal: Cook twice. Eat all week. Reduce decisions.

COOK DAY A

- 8–10 chicken legs
- Big batch of brown rice
- One tray or pan of broccoli, zucchini, and mushrooms
- Wash and dry salad greens
- Chop cucumber, green onion, cilantro
- Prep a jar of simple dressing

Cook Day A Step-by-Step

1. Start the brown rice first. It takes the longest.
2. Season and roast the chicken legs while the rice cooks.
3. While chicken is roasting, chop broccoli, zucchini, mushrooms, cucumber, green onion, and cilantro.
4. Stir-fry or roast broccoli, zucchini, and mushrooms.
5. Wash salad greens and dry them thoroughly so they do not get slimy in storage.
6. Portion rice into containers.
7. Store cooked chicken separately.
8. Store cooked vegetables separately.
9. Store raw salad ingredients separately so they stay crisp.

COOK DAY B

- Another batch of chicken legs or fresh fish
- More rice or noodles
- Prep shrimp, squid, or white fish for quick cooking
- Refill salad vegetables
- Mix one or two sauces

Storage Notes

- Cooked chicken: 3–4 days
- Cooked rice: 3–4 days
- Salad greens: best within 3 days once washed
- Cooked seafood: best sooner, ideally 1–2 days

Reheating Notes

- Rice: microwave with a spoon of water
- Chicken: microwave covered loosely or use air fryer briefly
- Stir-fry: skillet reheats best
- Fish: gentle reheating only

SAUCE CHEAT SHEET

Soy-Lime Finisher

- 1 tablespoon soy sauce
- 1 tablespoon lime juice
- 1/2 teaspoon sesame oil

Use on salmon, shrimp, white fish, and chicken.

Garlic-Ginger Pan Sauce

- 1 teaspoon avocado oil
- 1 garlic clove
- 1 teaspoon ginger
- 1 tablespoon water
- 1 teaspoon soy sauce

Use on stir-fries, pork tenderloin, and white fish.

Chili-Soy Sauce

- 1 tablespoon soy sauce
- 1 teaspoon chili oil
- 1 teaspoon lime juice

Use on squid, shrimp, and chicken bowls.

Yogurt-Lemon Sauce

- 2 tablespoons Greek yogurt
- 1 tablespoon lemon juice
- 1 garlic clove, grated
- Black pepper

Use on crab salad, chicken salad, and as a Caesar replacement.

Mustard Vinaigrette

- 1 tablespoon olive oil
- 1 tablespoon vinegar
- 1 teaspoon Dijon mustard

Use on chicken salads, cucumber salads, and mixed greens.

Sauce Notes

- Avocado oil = cooking oil
- Olive oil = dressing oil
- Sesame oil = finishing oil; use small amounts

SALAD DRESSING CHEAT SHEET: THE OIL + ACID SYSTEM

The Core Principle

A simple healthy dressing is usually 2 to 3 parts oil to 1 part acid. Example: 2 tablespoons olive oil + 1 tablespoon lemon juice.

Best Oils

- Olive oil: use for salad dressings, cold finishing, and Mediterranean-style salads.
- Avocado oil: use for cooking and for dressings when you want a more neutral taste.
- Sesame oil: use only in small finishing amounts for Asian-style salads; not as the main oil.

Best Acids

- Lemon juice
- Lime juice
- Rice vinegar
- Apple cider vinegar

Easy Formulas

Simple Lemon Dressing

- 2 tbsp olive oil
- 1 tbsp lemon juice
- Pinch salt
- Pepper

Mustard Dressing

- 2 tbsp olive oil
- 1 tbsp vinegar
- 1 tsp Dijon mustard

Lime-Soy Dressing

- 1 tbsp lime juice
- 1 tbsp soy sauce
- 1 tsp sesame oil
- Optional chili flakes

Yogurt Dressing

- 2 tbsp Greek yogurt
- 1 tbsp lemon juice
- Garlic
- Pepper

Cucumber Pairings That Work Best

- Green onion
- Cilantro
- Bean sprouts
- Salmon
- Shrimp
- Chicken
- Crab
- Spinach
- Romaine
- Avocado

Final Dressing Note

If a dressing tastes flat, it usually needs one of three things: more acid, a pinch of salt, or a little more oil.