

The 14-Day Upgrade Plan

Viral meals, upgraded—cheap, filling, and actually good

Two viral dinner moods are everywhere.
We kept the convenience and fixed the flavor, nutrition, and cost.

Same effort. Better results.

How This Plan Works

- Hand mixer
- Springform pan
- Parchment paper
- Silicone spatula
- Wire cooling rack

Your 7-Day Dessert Plan

Pick your lane—or mix both. Each day is fast, flexible, and low-stress.

- **Days 1–7:** High-protein Boy Kibble bowls
- **Days 8–14:** Snacky Girl Dinner plates (still balanced)

Each build focuses on protein + fiber + flavor, using pantry staples and minimal prep.

Mix-and-Match Matrix

Use this anytime to build a meal that works.

Protein: chicken, eggs, tofu, beans, yogurt, tinned fish
Carb/Base: rice, potatoes, toast, crackers
Veg/Fiber: frozen veg, pickles, greens, fruit
Sauce/Fat: yogurt sauce, hummus, chili oil, olive oil
Crunch: nuts, seeds, toasted crumbs

Team Boy Kibble (Days 1–7)

Fast fuel bowls that actually taste good

Each bowl includes:

- Protein: chicken, beef, eggs, tofu, or beans
- Base: rice, potatoes, or grains
- Veg: frozen or fresh
- Upgrade: sauce + crunch (the difference maker)

7 Bowl Ideas

1. Chicken + rice + garlicky soy glaze + cucumber crunch
2. Beef + potatoes + creamy yogurt sauce + pickled veg
3. Tofu + rice + chili oil + scallions
4. Eggs + fried rice + sesame drizzle
5. Beans + grains + smoky spice blend
6. Chicken + frozen veg + lemon sauce
7. Leftover remix bowl (clean-out-the-fridge win)

🕒 Prep once, eat 2–3 times

💰 Cheaper than takeout, more filling

Team Girl Dinner (Days 8–14)

Snack plates that feel light but keep you full

Each plate includes:

- Protein anchor (no sad snacking)
- Fiber crunch
- Flavor fat (dip, oil, spread)

7 Plate Ideas

1. Tinned fish + crackers + pickles
2. Hummus + veg sticks + boiled eggs
3. Cheese + nuts + fruit + toast
4. Yogurt dip + pita + olives
5. Warm snack supper: mini sheet-pan plate
6. Beans + olive oil + toast
7. “What’s in the fridge” grazing plate

🕒 5–15 minutes

🍳 No cooking required options included

Why This Works

- High protein = fuller longer
- Fiber + fat = fewer snack spirals
- Built for real life, not perfect cooking