01 / THE VIDEO, UNPACKED

You watched it. Now make it happen.

The foods from Episode 2, plus four Plateweek recipes with practical portions, cooking steps and a shopping list. Free to save and share.

What appears in the Short

2-8s / Water with Electrolytes

Water, lemon and sea salt appear in the drink. Amounts are not specified.

10-17s / 4 Eggs, Butternut Squash & Avo

Four eggs, butternut squash, avocado and butter appear at breakfast. A complete recipe and most quantities are not supplied.

21-22s / Tuna Poke with Avo & Cucumber

Raw tuna, avocado and cucumber appear in the poke bowl. Quantities and a complete method are not supplied.

26-28s / Oysters

Four oysters appear as a snack. No complete preparation instructions are supplied.

29-41s / Picanha with Rice & Onions

Picanha, white rice, onion and butter appear at dinner. Most quantities and a complete method are not supplied.

The original ingredient checklist

Water - Amount not specified

Lemon - Amount not specified

Sea Salt - Amount not specified

Eggs - 4 eggs shown

Butternut Squash - Amount not specified

Avocado - Amount not specified

Butter - Amount not specified

Tuna - Amount not specified

Cucumber - Amount not specified

Oysters - 4 oysters shown

Picanha (Beef) - Amount not specified

White Rice - Amount not specified

Onion - Amount not specified

This checklist records what was shown. It is not a complete recipe or a measured shopping plan. The next pages are Plateweek adaptations, with added quantities and seasonings. No creator endorsement is implied.

Watch the original YouTube Short

02 / COOK A PLATEWEEK VERSION

One day. One shopping list.

For one person making all four recipes in this guide. Buy amounts are rounded up; use the recipe weights when cooking. Choose suitable packs at the store.

- 200 g Rice / dry
- 20 g Butter
- 150 g Tuna / canned in water, drained
- 200 g Butternut squash / raw, peeled
- 150 g Cucumber
- 150 g Banana / peeled
- 200 g Egg / beaten, without shell
- 200 g Greek yogurt
- 200 g Beef steak / raw, trimmed
- 150 g Avocado / flesh
- 100 g Onion

Pantry & finishing touches

- Salt / to taste
- Garlic powder / a small pinch
- Parsley / a little to finish
- Dill / a small pinch
- Black pepper / to taste
- Paprika / a small pinch
- Lemon juice / a squeeze
- Ground cinnamon / a pinch

What changed from the video?

Canned tuna replaces raw tuna, with rice added to the bowl. Greek yogurt and banana replace the oysters. Trimmed beef stands in for picanha. The recipes, gram weights and seasonings are Plateweek additions.

Know your portions

Rice weights are dry. Meat weights are raw; tuna is drained. Egg weights are without the shell: beat and weigh your portion. Avocado, squash and banana weights refer to the edible portion. Seasonings are to taste and excluded from the estimates.

Make this your whole week

Explore the $4.99 one-time week pack: portions for your calorie target, a varied seven-day menu, meal swaps and one updated shopping list. Checkout is currently a demonstration; no payment is collected.

Visit Plateweek using the link at the bottom of any page. The prototype currently requires authorised access.

03 / PLATEWEEK RECIPE / BREAKFAST

Eggs, roast squash & avocado



One serving / 25-35 min / 542 kcal / P 29g / C 31g / F 34g

Inspired by the four-egg breakfast. All gram weights and the recipe are Plateweek assumptions.

What you need

200 g Egg / beaten, without shell

200 g Butternut squash / raw, peeled

70 g Avocado / flesh

5 g Butter

Seasonings: Salt / to taste; Black pepper / to taste; Garlic powder / a small pinch; Paprika / a small pinch; Parsley / a little to finish

How to make it

1. Roast the diced squash until tender.
2. Scramble the weighed beaten egg in butter until set.
3. Serve with the squash and sliced avocado.
4. Season to taste with the listed salt, pepper and seasonings. Add herbs just before serving.

Allergens: Eggs, Milk. Nutrition is estimated. Photo is an AI-generated recipe illustration, not a frame from the video.

03 / PLATEWEEK RECIPE / LUNCH

Tuna, avocado & cucumber rice bowl



One serving / 25-35 min / 610 kcal / P 47g / C 75g / F 14g

Plateweek recreation: uses canned tuna instead of raw tuna and adds rice.

What you need

- 150 g Tuna / canned in water, drained
- 80 g Rice / dry
- 80 g Avocado / flesh
- 150 g Cucumber

Seasonings: Salt / to taste; Black pepper / to taste; Lemon juice / a squeeze; Dill / a small pinch

How to make it

1. Cook the dry rice according to the packet.
2. Drain and weigh the canned tuna. Dice the cucumber and avocado.
3. Arrange over the rice and serve.
4. Season to taste with the listed salt, pepper and seasonings. Add herbs just before serving.

Allergens: Fish. Nutrition is estimated. Photo is an AI-generated recipe illustration, not a frame from the video.

03 / PLATEWEEK RECIPE / DINNER

Beef, rice & buttery onions



One serving / 25-35 min / 711 kcal / P 45g / C 76g / F 25g

Inspired by picanha with rice and onions. Uses trimmed beef; the cut and weights are assumptions.

What you need

180 g Beef steak / raw, trimmed

85 g Rice / dry

100 g Onion

8 g Butter

Seasonings: Salt / to taste; Black pepper / to taste; Garlic powder / a small pinch; Paprika / a small pinch; Parsley / a little to finish

How to make it

1. Cook the dry rice according to its packet.
2. Slice the onion and cook in the butter until soft.
3. Cook the steak to your preferred safe doneness, rest and slice. Serve with the rice and onions.
4. Season to taste with the listed salt, pepper and seasonings. Add herbs just before serving.

Allergens: Milk. Nutrition is estimated. Photo is an AI-generated recipe illustration, not a frame from the video.

03 / PLATEWEEK RECIPE / SNACK

Banana & Greek yogurt



One serving / 5 min / 239 kcal / P 21g / C 36g / F 1g

Plateweek alternative to the oysters: adds yogurt and banana.

What you need

200 g Greek yogurt

120 g Banana / peeled

Seasonings: Ground cinnamon / a pinch

How to make it

1. Spoon yogurt into a bowl.
2. Slice the banana and add it on top.
3. Finish with a pinch of cinnamon.

Allergens: Milk. Nutrition is estimated. Photo is an AI-generated recipe illustration, not a frame from the video.

Ready for your whole week?

Get a calorie-based seven-day plan, personalised portions and macros, five meal swaps, and one updated shopping list. $4.99 once - no subscription.

GET MY PERSONALISED WEEK - $4.99