

Weekly Weight-Control Rotation

10 Simple Meals for Two

Purpose: A practical August–September rotation of moderate-portion meals for two. Each meal uses ordinary Japanese-supermarket ingredients, includes vegetables, emphasizes protein and reduced sodium, and is cooked in a wok or air fryer. Where rice is listed as an optional carb, the nutrition line includes the stated rice portion so the complete meal remains near 500–600 kcal per person; omit it for a lower-calorie meal.

Nutrition note: Values are approximate working estimates and will vary with brands, trimming, exact produce weights and sauces.

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1. Air-Fryer Pork Loin with Japanese Eggplant & Red Pepper

豚ロースとなす・赤パプリカのエアフライヤー焼き

PORK 1 • Air Fryer | Serves 2

Ingredients

- 300 g lean pork loin, cut into 2–3 cm pieces
- 200 g Japanese eggplant, cut into 2–3 cm diagonal chunks
- 120 g red bell pepper, cut into bite-size pieces
- 80 g onion, cut into wedges
- 1 Tbsp / 14 g canola or olive oil
- 1 tsp grated ginger; 1 clove garlic, minced
- 2 tsp reduced-sodium soy sauce
- 1 Tbsp rice vinegar or lemon juice
- Black pepper; pinch MSG
- Optional carb: 260 g cooked rice total (130 g per person)

Method

1. Preheat air fryer to 190°C for 3 minutes.
2. Toss pork with half the oil, ginger, garlic, 1 tsp soy sauce and black pepper. Toss vegetables with remaining oil.
3. Air fry eggplant, pepper and onion at 190°C for 6 minutes. Shake.
4. Add pork in a single layer and cook 7–9 minutes more, shaking once, until the pork is cooked through and vegetables are browned.
5. Toss with remaining soy sauce and rice vinegar or lemon juice. Serve with rice if desired.

Nutrition

Per serving WITH 130 g cooked rice: ~590 kcal | Protein 45 g | Fat 21 g | Sat Fat 5 g | Carbs 53 g | Sugars 8 g | Fiber 6 g | Sodium ~430 mg | Omega-3 ~0.2 g
Whole recipe WITH rice: ~1,180 kcal | Protein 90 g | Fat 42 g | Sat Fat 10 g | Carbs 106 g | Sugars 16 g | Fiber 12 g | Sodium ~860 mg | Omega-3 ~0.4 g

2. Wok Pork, Cabbage & Mushroom Ginger Stir-Fry

豚肉・キャベツ・きのこの生姜炒め

PORK 2 • Wok | Serves 2

Ingredients

- 280 g lean pork loin, thinly sliced across the grain
- 250 g cabbage, cut into 3–4 cm pieces
- 150 g shimeji or maitake mushrooms, separated
- 100 g red or green pepper, sliced
- 1 Tbsp / 14 g canola oil
- 10 g white miso
- 2 tsp reduced-sodium soy sauce
- 1 Tbsp sake; 1 Tbsp water
- 2 tsp grated ginger; black pepper
- Optional carb: 260 g cooked rice total (130 g per person)

Method

1. Mix miso, soy sauce, sake, water and ginger.
2. Preheat the wok thoroughly over medium-high heat. Add half the oil.
3. Spread pork in the wok and leave briefly to brown before stir-frying. Remove when nearly cooked.
4. Add remaining oil, mushrooms, cabbage and pepper. Stir-fry 3–4 minutes, keeping the vegetables slightly crisp.
5. Return pork, add sauce and toss 30–60 seconds. Serve with rice if desired.

Nutrition

Per serving WITH 130 g cooked rice: ~585 kcal | Protein 45 g | Fat 21 g | Sat Fat 5 g | Carbs 53 g | Sugars 7 g | Fiber 6 g | Sodium ~520 mg | Omega-3 ~0.2 g
Whole recipe WITH rice: ~1,170 kcal | Protein 90 g | Fat 42 g | Sat Fat 10 g | Carbs 106 g | Sugars 14 g | Fiber 12 g | Sodium ~1,040 mg | Omega-3 ~0.4 g

3. Air-Fryer Miso-Butter Salmon with Mushrooms & Pepper

きのこピーマンの味噌バターサーモン

SEAFOOD 1 • Air Fryer | Serves 2

Ingredients

- 300 g salmon fillet, divided into 2 portions
- 120 g shimeji or maitake mushrooms, separated
- 80 g green pepper, thinly sliced
- 100 g zucchini, cut into 1 cm half-moons
- 10 g unsalted butter, softened
- 9 g / 1½ tsp white miso
- 1 Tbsp sake
- 1 tsp olive oil; black pepper
- Optional carb: 300 g cooked rice total (150 g per person)

Method

1. Preheat air fryer to 170°C for 3 minutes. Mix butter and miso.
2. Place salmon and vegetables on two sheets of foil. Brush salmon with miso-butter; drizzle sake and oil over vegetables.
3. Fold into loose packets with a small opening at the top.
4. Air fry 10–13 minutes depending on salmon thickness. Open foil and cook 1–2 minutes more if light browning is wanted.
5. Serve with 150 g cooked rice per person if desired.

Nutrition

Per serving WITH 150 g cooked rice: ~530 kcal | Protein 32 g | Fat 20 g | Sat Fat 6 g | Carbs 52 g | Sugars 5 g | Fiber 4 g | Sodium ~510 mg | Omega-3 ~2.5 g

Whole recipe WITH rice: ~1,060 kcal | Protein 64 g | Fat 40 g | Sat Fat 12 g | Carbs 104 g | Sugars 10 g | Fiber 8 g | Sodium ~1,020 mg | Omega-3 ~5.0 g

4. Wok Garlic Shrimp, Edamame & Summer Vegetables

えび・枝豆・夏野菜のガーリック炒め

SEAFOOD 2 • Wok | Serves 2

Ingredients

- 300 g peeled shrimp, thawed if frozen and patted dry
- 120 g frozen shelled edamame
- 180 g zucchini, cut into 1 cm half-moons
- 120 g red bell pepper, sliced
- 150 g cherry tomatoes, halved
- 1 Tbsp / 14 g olive oil
- 2 cloves garlic, finely minced
- 1 Tbsp lemon juice; ½ tsp dried oregano
- ¼ tsp salt + pinch MSG; black pepper
- Optional carb: 260 g cooked rice total (130 g per person)

Method

1. Preheat wok over medium-high heat. Add half the oil.
2. Add zucchini and pepper; stir-fry 3 minutes. Add edamame and cook 1 minute. Remove vegetables.
3. Add remaining oil and shrimp. Spread out and let sear briefly, then stir-fry until just opaque.
4. Add garlic for 30 seconds. Return vegetables, add tomatoes, oregano, salt and pepper; toss 1 minute.
5. Remove from heat and add lemon juice. Serve with rice if desired.

Nutrition

Per serving WITH 130 g cooked rice: ~510 kcal | Protein 49 g | Fat 12 g | Sat Fat 2 g | Carbs 55 g | Sugars 8 g | Fiber 7 g | Sodium ~520 mg | Omega-3 ~0.4 g
Whole recipe WITH rice: ~1,020 kcal | Protein 98 g | Fat 24 g | Sat Fat 4 g | Carbs 110 g | Sugars 16 g | Fiber 14 g | Sodium ~1,040 mg | Omega-3 ~0.8 g

5. Air-Fryer Mediterranean Chicken with Chickpeas & Tomatoes

ひよこ豆とトマトの地中海風エアフライヤーチキン

CHICKEN 1 • Air Fryer | Serves 2

Ingredients

- 360 g boneless skinless chicken thighs, cut into large bite-size pieces
- 150 g chickpeas, drained and rinsed
- 150 g cherry tomatoes, halved
- 100 g zucchini, cut into 1 cm half-moons
- 80 g spinach or komatsuna, roughly chopped
- 6 Kalamata olives, sliced
- 1 Tbsp olive oil
- 1 Tbsp balsamic vinegar; 2 tsp lemon juice
- 1 clove garlic, minced; 1 tsp oregano
- ¼ tsp salt + pinch MSG; black pepper
- Optional carb: none needed; if wanted, add 80–100 g cooked rice per person and reduce chickpeas to 100 g.

Method

1. Preheat air fryer to 180°C for 3 minutes.
2. Toss chickpeas, tomatoes, zucchini and olives with half the oil, garlic, oregano and seasoning. Toss chicken with remaining oil.
3. Place vegetables in an air-fryer-safe dish and arrange chicken on top.
4. Air fry 180°C for 16–18 minutes, stirring vegetables once. Finish at 190°C for 2–3 minutes if more browning is desired.
5. Stir in spinach/komatsuna to wilt. Finish with balsamic vinegar and lemon.

Nutrition

Per serving, without added rice: ~525 kcal | Protein 42 g | Fat 27 g | Sat Fat 6 g | Carbs 29 g | Sugars 7 g | Fiber 8 g | Sodium ~480 mg | Omega-3 ~0.3 g
Whole recipe: ~1,050 kcal | Protein 84 g | Fat 54 g | Sat Fat 12 g | Carbs 58 g | Sugars 14 g | Fiber 16 g | Sodium ~960 mg | Omega-3 ~0.6 g

6. Mild Gong Bao Chicken with Zucchini & Red Pepper

ズッキーニと赤パプリカのマイルド宮保鶏丁

CHICKEN 2 • Wok | Serves 2

Ingredients

- 320 g boneless skinless chicken breast, cut into 2 cm cubes
- 150 g zucchini, cut into 1 cm half-moons
- 120 g red bell pepper, cut into 2 cm pieces
- 80 g onion, cut into wedges
- 30 g roasted unsalted peanuts
- 1 Tbsp / 14 g canola oil
- 2 cloves garlic, sliced; 10 g ginger, sliced
- 1–2 dried red chiles, seeds mostly removed
- 2 tsp reduced-sodium soy sauce total
- 1 Tbsp black or rice vinegar; 2 tsp sugar
- 1 tsp sesame oil; 1 tsp potato starch + 2 Tbsp water
- Optional carb: 260 g cooked rice total (130 g per person)

Method

1. Mix soy sauce, vinegar, sugar, sesame oil, starch and water.
2. Preheat wok over medium-high heat. Add half the canola oil and chicken; let it sear before stir-frying. Remove when nearly cooked.
3. Add remaining oil, chile, ginger, onion, zucchini and pepper. Stir-fry 3–4 minutes.
4. Return chicken, add garlic and stir 30 seconds.
5. Add sauce and toss until glossy. Fold in peanuts. Serve with rice.

Nutrition

Per serving WITH 130 g cooked rice: ~575 kcal | Protein 46 g | Fat 20 g | Sat Fat 3 g | Carbs 53 g | Sugars 9 g | Fiber 5 g | Sodium ~500 mg | Omega-3 ~0.2 g

Whole recipe WITH rice: ~1,150 kcal | Protein 92 g | Fat 40 g | Sat Fat 6 g | Carbs 106 g | Sugars 18 g | Fiber 10 g | Sodium ~1,000 mg | Omega-3 ~0.4 g

7. Wok Tofu, Edamame & Japanese Eggplant with Ginger

豆腐・枝豆・なすの生姜炒め

VEGETARIAN 1 • Wok | Serves 2

Ingredients

- 400 g firm momen tofu, drained and cut into 2–3 cm cubes
- 150 g frozen shelled edamame
- 200 g Japanese eggplant, cut into 2 cm diagonal chunks
- 120 g red bell pepper, sliced
- 1 Tbsp / 14 g canola oil
- 2 tsp grated ginger; 1 clove garlic, minced
- 10 g white miso
- 1 tsp reduced-sodium soy sauce
- 1 Tbsp rice vinegar; 2 Tbsp water
- Optional carb: 260 g cooked rice total (130 g per person)

Method

1. Mix miso, soy sauce, vinegar and water.
2. Pat tofu dry. Preheat wok well; add half the oil. Brown tofu on several sides, working gently. Remove.
3. Add remaining oil and eggplant; stir-fry 3 minutes. Add pepper and edamame and cook 2–3 minutes.
4. Add ginger and garlic for 30 seconds. Return tofu.
5. Add sauce and toss gently until coated. Serve with rice.

Nutrition

Per serving WITH 130 g cooked rice: ~570 kcal | Protein 34 g | Fat 22 g | Sat Fat 3 g | Carbs 61 g | Sugars 8 g | Fiber 11 g | Sodium ~440 mg | Omega-3 ~1.0 g
Whole recipe WITH rice: ~1,140 kcal | Protein 68 g | Fat 44 g | Sat Fat 6 g | Carbs 122 g | Sugars 16 g | Fiber 22 g | Sodium ~880 mg | Omega-3 ~2.0 g

8. Air-Fryer Black Bean, Vegetable & Cheese Burritos

ブラックビーンズと野菜のエアフライヤー・チーズブリトー

VEGETARIAN 2 • Air Fryer | Serves 2

Ingredients

- 4 small flour tortillas, about 40 g each
- 260 g black beans, drained and rinsed
- 100 g red bell pepper, finely chopped
- 60 g onion, finely chopped
- 100 g mushrooms, finely chopped
- 1 clove garlic, minced
- 60 g hot salsa
- 40 g cheddar or Gouda, grated
- 40 g plain Greek yogurt
- 1 tsp / 5 g canola oil
- ½ tsp ground cumin; ¼ tsp smoked paprika
- Fresh cilantro and lime wedges

Method

1. Heat oil in a skillet. Cook onion, pepper and mushrooms 5–6 minutes. Add garlic for 30 seconds.
2. Add beans, salsa, cumin and paprika. Mash lightly and simmer until thick. Stir in chopped cilantro.
3. Divide filling among 4 tortillas. Add 10 g cheese and 10 g yogurt to each; roll tightly.
4. Preheat air fryer to 190°C. Lightly spray or brush burritos with oil if desired.
5. Air fry 8–10 minutes, turning halfway, until crisp. Serve 2 burritos per person with lime.

Nutrition

Per serving (2 burritos): ~575 kcal | Protein 28 g | Fat 17 g | Sat Fat 6 g | Carbs 81 g | Sugars 8 g | Fiber 16 g | Sodium ~650 mg | Omega-3 ~0.3 g

Whole recipe (4 burritos): ~1,150 kcal | Protein 56 g | Fat 34 g | Sat Fat 12 g | Carbs 162 g | Sugars 16 g | Fiber 32 g | Sodium ~1,300 mg | Omega-3 ~0.6 g

9. Small Air-Fryer Chicken, Sweet Potato & Spinach Casserole

鶏肉・さつまいも・ほうれん草の小さなエアフライヤーキャセロール

CASSEROLE 1 • Air Fryer | Serves 2

Ingredients

- 300 g boneless skinless chicken breast, cut into 2 cm pieces
- 260 g Japanese sweet potato, cut into 1.5–2 cm cubes
- 100 g mushrooms, sliced
- 80 g spinach, roughly chopped
- 60 g onion, diced
- 1 tsp / 5 g olive oil
- 120 g plain Greek yogurt
- 15 g white miso
- 1 tsp dried thyme; black pepper
- 40 g grated cheese
- 2–3 Tbsp water or unsalted stock

Method

1. Microwave sweet potato 3–4 minutes until partly tender.
2. Mix yogurt, miso, thyme and water/stock. Toss chicken, sweet potato, mushrooms and onion with oil and black pepper.
3. Place in a small air-fryer-safe casserole dish. Air fry at 175°C for 12 minutes; stir.
4. Pour over yogurt-miso mixture and continue at 175°C for 8–10 minutes, until chicken is cooked through.
5. Fold in spinach, top with cheese and air fry at 190°C for 2–3 minutes. Rest 5 minutes.

Nutrition

Per serving: ~550 kcal | Protein 48 g | Fat 16 g | Sat Fat 6 g | Carbs 55 g | Sugars 11 g | Fiber 7 g | Sodium ~590 mg | Omega-3 ~0.3 g

Whole recipe: ~1,100 kcal | Protein 96 g | Fat 32 g | Sat Fat 12 g | Carbs 110 g | Sugars 22 g | Fiber 14 g | Sodium ~1,180 mg | Omega-3 ~0.6 g

10. Small Southwestern Black Bean, Edamame & Potato Enchilada Bake

ブラックビーンズ・枝豆・ポテトの小さなエンチラーダ焼き

CASSEROLE 2 • Air Fryer | Serves 2

Ingredients

- 250 g potatoes, cut into 1.5 cm cubes
- 200 g black beans, drained and rinsed
- 100 g frozen shelled edamame
- 80 g frozen corn
- 100 g red bell pepper, diced
- 60 g onion, diced
- 2 small flour tortillas, cut into strips
- 180 g quick low-sodium enchilada sauce
- 50 g grated cheddar or pizza cheese
- 1 tsp / 5 g canola oil
- ½ tsp cumin; ½ tsp smoked paprika
- Fresh cilantro, lime and 60 g Greek yogurt for serving

Method

1. Microwave potato cubes 3–4 minutes until partly tender.
2. Toss potatoes, pepper and onion with oil, cumin and paprika. Air fry in a small casserole dish at 190°C for 8 minutes.
3. Stir in black beans, edamame, corn and half the enchilada sauce.
4. Layer tortilla strips through the mixture, spoon over remaining sauce and top with cheese.
5. Air fry at 175°C for 10–12 minutes, then 190°C for 2 minutes if more browning is wanted. Rest 5 minutes; finish with cilantro, lime and Greek yogurt.

Nutrition

Per serving: ~565 kcal | Protein 27 g | Fat 16 g | Sat Fat 6 g | Carbs 82 g | Sugars 12 g | Fiber 17 g | Sodium ~640 mg | Omega-3 ~0.5 g

Whole recipe: ~1,130 kcal | Protein 54 g | Fat 32 g | Sat Fat 12 g | Carbs 164 g | Sugars 24 g | Fiber 34 g | Sodium ~1,280 mg | Omega-3 ~1.0 g