



What everything is, in one page

Your website: **mac-mini-438.tail9299ef.ts.net** — bookmark it once, tap what you need.



Open This Week — the only button you need most days. This week's dinners, Rick's grocery list, Sunday cook day, every recipe, and your gym cards. It opens in its own tab — close it and you're right back here.



The green bubble (bottom corner of every page) — Ask Claude. Any question, any time: swaps, portions, restaurants, a weird scale day. Answers appear in a few minutes. **A red number on the bubble = new answers waiting for you.**



Exercise Videos — tap any exercise name, a short silent demo plays instantly. Watch it twice, put the phone down, do it.



The Whole Year — all 12 fridge calendars in one file. The **Month buttons** below it open one at a time (print one, fridge it). The **Wk buttons** open any single week — each shows its dates.



Start Here packet — the read-once manual: your portions (hands are the measuring cups), the five everyday rules, and Rick's approved-brands list.



To print anything: open it → tap Share (the box with the arrow) → Print. **To send to someone:** Share → Messages.

THE COLORS, EVERYWHERE:

■ **Green** = meals · ■ **Amber** = snacks & your 9pm dessert · ■ **Navy** = weights · ■ **Teal** = bike · ■ **Plum** = walks

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