

SAME EVERY DAY: 8:30 **coffee + fueling** · 11:30 **breakfast** — parfait, oats jar, or eggs, your pick · 3:00 **snack** · 6:00 **dinner** (green box below) · 9:00 **dessert** (amber box below) + your gummies

COLORS: GREEN = meals AMBER = snacks & dessert NAVY = WEIGHTS AT THE GYM TEAL = BIKE AT THE GYM PLUM = WALK

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 COOK DAY · AUG 2 Salsa shredded chicken <i>eat it tonight as burrito bowls</i> 9PM · cheesecake cup EASY WALK	Salsa-chicken tacos ^{8/3} <i>already cooked — just build them</i> 9PM · Yasso bar WEIGHTS · DAY A	Turkey rice bowl ^{8/4} <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Chicken enchilada bake ^{8/5} <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Turkey tacos ^{8/6} <i>already cooked — just build them</i> 9PM · cheesecake cup WALK 25–30	Garlic shrimp + rice ^{8/7} <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick ^{8/8} <i>order meat + veggies first</i> 9PM · your pick WALK
WEEK 2 COOK DAY · AUG 9 Turkey meatloaf + roasted veggies <i>eat it fresh tonight</i> 9PM · cheesecake cup EASY WALK	Meatloaf + big salad ^{8/10} <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Chicken salad in a naan wrap ^{8/11} <i>cold — no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Meatloaf again ^{8/12} <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Chicken salad plate + fruit ^{8/13} <i>cold — no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Turkey burgers + big salad ^{8/14} <i>bun if you want it</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer ^{8/15} 9PM · your pick WALK
WEEK 3 COOK DAY · AUG 16 Mediterranean chicken + rice <i>eat it tonight as bowls</i> 9PM · cheesecake cup EASY WALK	Mediterranean chicken bowl ^{8/17} <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Chicken + tzatziki naan wrap ^{8/18} <i>already cooked — just build it</i> 9PM · cheesecake cup WALK 25–30	Mediterranean bowl, last one ^{8/19} <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY B	Big Greek salad + chicken ^{8/20} <i>cold — no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Garlic-butter cod + potatoes ^{8/21} <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick ^{8/22} <i>order meat + veggies first</i> 9PM · your pick WALK
WEEK 4 COOK DAY · AUG 23 Turkey lasagna <i>eat it fresh from the oven</i> 9PM · cheesecake cup EASY WALK	Lasagna + big salad ^{8/24} <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Beef taco bowl ^{8/25} <i>93% lean, already cooked</i> 9PM · cheesecake cup WALK 25–30	Lasagna again ^{8/26} <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Beef tacos ^{8/27} <i>already cooked — just build them</i> 9PM · cheesecake cup WALK 25–30	Pork tenderloin + veggies ^{8/28} <i>one pan in the oven</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer ^{8/29} 9PM · your pick WALK

How to read it: Sunday you cook once (the green-framed box). Every other night dinner is already made, or takes 15 minutes. · **Weigh-in:** Sunday morning, write it on the weekly page, then forget it until next Sunday. · **This month:** Fuelings this month: week 1: 3 a day · week 2: 2 · weeks 3–4: 1 · then done.