

SAME EVERY DAY: 8:30 **coffee** · 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 30 Sheet-pan chicken fajitas <i>eat them fresh tonight</i> 9PM · cheesecake cup EASY WALK	Fajita bowl 8/31 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Fajita tacos 9/1 <i>already cooked — just build them</i> 9PM · cheesecake cup WALK 25–30	Fajita bowl again 9/2 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Chicken fajita salad 9/3 <i>cold and crunchy</i> 9PM · cheesecake cup WALK 25–30	Turkey burgers + big salad 9/4 <i>bun if you want it</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick 9/5 <i>order meat + veggies first</i> 9PM · your pick WALK
WEEK 2 COOK DAY · SEP 6 Crock-pot pulled pork tenderloin <i>eat it tonight over rice</i> 9PM · cheesecake cup EASY WALK	Pulled-pork bowl 9/7 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Pulled-pork tacos 9/8 <i>already cooked — just build them</i> 9PM · cheesecake cup WALK 25–30	Pulled pork on a baked potato 9/9 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Big salad + pulled pork 9/10 <i>cold and crunchy</i> 9PM · cheesecake cup WALK 25–30	Garlic shrimp + rice 9/11 <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer 9/12 9PM · your pick WALK
WEEK 3 COOK DAY · SEP 13 Greek turkey meatballs + rice <i>eat them fresh tonight</i> 9PM · cheesecake cup EASY WALK	Meatball bowl + tzatziki 9/14 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Meatballs in a naan wrap 9/15 <i>already cooked — just build it</i> 9PM · cheesecake cup WALK 25–30	Meatball bowl again 9/16 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Big Greek salad + meatballs 9/17 <i>cold — no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Garlic-butter cod + potatoes 9/18 <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick 9/19 <i>order meat + veggies first</i> 9PM · your pick WALK
WEEK 4 COOK DAY · SEP 20 Beef taco meat, big batch <i>eat it tonight as taco bowls</i> 9PM · cheesecake cup EASY WALK	Beef tacos 9/21 <i>already cooked — just build them</i> 9PM · Yasso bar WEIGHTS · DAY A	Big crunchy taco salad 9/22 <i>already cooked — just build it</i> 9PM · cheesecake cup WALK 25–30	Beef enchilada bake 9/23 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Beef taco bowl 9/24 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Garlic shrimp + rice 9/25 <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer 9/26 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:** No more fuelings — real food all the way from here.