

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 · SEP 27 White chicken chili <i>fresh from the pot tonight</i> 9PM · cheesecake cup EASY WALK	Chili night + side salad 9/28 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Chicken rice bowl 9/29 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Chili night 9/30 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Chili on a baked potato 10/1 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Turkey burgers + big salad 10/2 <i>bun if you want it</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick 10/3 <i>order meat + veggies first</i> 9PM · your pick WALK
WEEK 2 COOK DAY · OCT 4 Chicken wild rice soup <i>fresh from the pot tonight</i> 9PM · cheesecake cup EASY WALK	Soup night + side salad 10/5 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Chicken salad in a naan wrap 10/6 <i>cold — no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Soup night 10/7 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Soup + half a sandwich 10/8 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Garlic shrimp + rice 10/9 <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer 10/10 9PM · your pick WALK
WEEK 3 COOK DAY · OCT 11 Turkey chili <i>fresh from the pot tonight</i> 9PM · cheesecake cup EASY WALK	Chili night + side salad 10/12 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Chili on a baked potato 10/13 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Chili night 10/14 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Chili taco bowl 10/15 <i>already cooked — just build it</i> 9PM · cheesecake cup WALK 25–30	Garlic-butter cod + potatoes 10/16 <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick 10/17 <i>order meat + veggies first</i> 9PM · your pick WALK
WEEK 4 COOK DAY · OCT 18 Salsa shredded chicken <i>eat it tonight as burrito bowls</i> 9PM · cheesecake cup EASY WALK	Salsa-chicken tacos 10/19 <i>already cooked — just build them</i> 9PM · Yasso bar WEIGHTS · DAY A	Turkey rice bowl 10/20 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Chicken enchilada bake 10/21 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Turkey tacos 10/22 <i>already cooked — just build them</i> 9PM · cheesecake cup WALK 25–30	Garlic shrimp + rice 10/23 <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick 10/24 <i>order meat + veggies first</i> 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:** Soup season starts — your soups are back.