

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 · OCT 25 Broccoli cheese soup, lightened <i>fresh from the pot — still creamy</i> 9PM · cheesecake cup EASY WALK	Soup + rotisserie chicken 10/26 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Soup night + side salad 10/27 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Soup night 10/28 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Rotisserie chicken plate + veggies 10/29 <i>no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Turkey burgers + big salad 10/30 <i>bun if you want it</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer 10/31 9PM · your pick WALK
WEEK 2 COOK DAY · NOV 1 Turkey meatloaf + roasted veggies <i>eat it fresh tonight</i> 9PM · cheesecake cup EASY WALK	Meatloaf + big salad 11/2 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Chicken salad in a naan wrap 11/3 <i>cold — no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Meatloaf again 11/4 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Chicken salad plate + fruit 11/5 <i>cold — no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Turkey burgers + big salad 11/6 <i>bun if you want it</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer 11/7 9PM · your pick WALK
WEEK 3 COOK DAY · NOV 8 Chicken wild rice soup <i>fresh from the pot tonight</i> 9PM · cheesecake cup EASY WALK	Soup night + side salad 11/9 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Chicken salad in a naan wrap 11/10 <i>cold — no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Soup night 11/11 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Soup + half a sandwich 11/12 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Garlic shrimp + rice 11/13 <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer 11/14 9PM · your pick WALK
WEEK 4 COOK DAY · NOV 15 Turkey lasagna <i>eat it fresh from the oven</i> 9PM · cheesecake cup EASY WALK	Lasagna + big salad 11/16 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Beef taco bowl 11/17 <i>93% lean, already cooked</i> 9PM · cheesecake cup WALK 25–30	Lasagna again 11/18 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Beef tacos 11/19 <i>already cooked — just build them</i> 9PM · cheesecake cup WALK 25–30	Pork tenderloin + veggies 11/20 <i>one pan in the oven</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer 11/21 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:** Holiday month — the freezer stash is your friend at busy nights.