

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 · NOV 22 White chicken chili <i>fresh from the pot tonight</i> 9PM · cheesecake cup EASY WALK	Chili night + side salad 11/23 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Chicken rice bowl 11/24 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Chili night 11/25 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Chili on a baked potato 11/26 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Turkey burgers + big salad 11/27 <i>bun if you want it</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick 11/28 <i>order meat + veggies first</i> 9PM · your pick WALK
WEEK 2 COOK DAY · NOV 29 Beef taco meat, big batch <i>eat it tonight as taco bowls</i> 9PM · cheesecake cup EASY WALK	Beef tacos 11/30 <i>already cooked — just build them</i> 9PM · Yasso bar WEIGHTS · DAY A	Big crunchy taco salad 12/1 <i>already cooked — just build it</i> 9PM · cheesecake cup WALK 25–30	Beef enchilada bake 12/2 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Beef taco bowl 12/3 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Garlic shrimp + rice 12/4 <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer 12/5 9PM · your pick WALK
WEEK 3 COOK DAY · DEC 6 Mediterranean chicken + rice <i>eat it tonight as bowls</i> 9PM · cheesecake cup EASY WALK	Mediterranean chicken bowl 12/7 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Chicken + tzatziki naan wrap 12/8 <i>already cooked — just build it</i> 9PM · cheesecake cup WALK 25–30	Mediterranean bowl, last one 12/9 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY B	Big Greek salad + chicken 12/10 <i>cold — no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Garlic-butter cod + potatoes 12/11 <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick 12/12 <i>order meat + veggies first</i> 9PM · your pick WALK
WEEK 4 COOK DAY · DEC 13 Creamy chicken + veggie soup <i>fresh from the pot tonight</i> 9PM · cheesecake cup EASY WALK	Soup night + side salad 12/14 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Chicken rice bowl 12/15 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Soup night 12/16 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Soup + half a sandwich 12/17 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Pork tenderloin + veggies 12/18 <i>one pan in the oven</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer 12/19 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:** Deep winter — big pots, easy nights.