

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 · DEC 20 Turkey chili <i>fresh from the pot tonight</i> 9PM · cheesecake cup EASY WALK	Chili night + side salad 12/21 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Chili on a baked potato 12/22 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Chili night 12/23 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Chili taco bowl 12/24 <i>already cooked — just build it</i> 9PM · cheesecake cup WALK 25–30	Garlic-butter cod + potatoes 12/25 <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick 12/26 <i>order meat + veggies first</i> 9PM · your pick WALK
WEEK 2 COOK DAY · DEC 27 Chicken wild rice soup <i>fresh from the pot tonight</i> 9PM · cheesecake cup EASY WALK	Soup night + side salad 12/28 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Chicken salad in a naan wrap 12/29 <i>cold — no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Soup night 12/30 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Soup + half a sandwich 12/31 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Garlic shrimp + rice 1/1 <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer 1/2 9PM · your pick WALK
WEEK 3 COOK DAY · JAN 3 Salsa shredded chicken <i>eat it tonight as burrito bowls</i> 9PM · cheesecake cup EASY WALK	Salsa-chicken tacos 1/4 <i>already cooked — just build them</i> 9PM · Yasso bar WEIGHTS · DAY A	Turkey rice bowl 1/5 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Chicken enchilada bake 1/6 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Turkey tacos 1/7 <i>already cooked — just build them</i> 9PM · cheesecake cup WALK 25–30	Garlic shrimp + rice 1/8 <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick 1/9 <i>order meat + veggies first</i> 9PM · your pick WALK
WEEK 4 COOK DAY · JAN 10 Broccoli cheese soup, lightened <i>fresh from the pot — still creamy</i> 9PM · cheesecake cup EASY WALK	Soup + rotisserie chicken 1/11 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Soup night + side salad 1/12 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Soup night 1/13 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Rotisserie chicken plate + veggies 1/14 <i>no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Turkey burgers + big salad 1/15 <i>bun if you want it</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer 1/16 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:** Halfway. Same beat, stronger you.