

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 · JAN 17 Turkey meatloaf + roasted veggies <i>eat it fresh tonight</i> 9PM · cheesecake cup EASY WALK	Meatloaf + big salad ^{1/18} <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Chicken salad in a naan wrap ^{1/19} <i>cold — no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Meatloaf again ^{1/20} <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Chicken salad plate + fruit ^{1/21} <i>cold — no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Turkey burgers + big salad ^{1/22} <i>bun if you want it</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer ^{1/23} 9PM · your pick WALK
WEEK 2 COOK DAY · JAN 24 White chicken chili <i>fresh from the pot tonight</i> 9PM · cheesecake cup EASY WALK	Chili night + side salad ^{1/25} <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Chicken rice bowl ^{1/26} <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Chili night ^{1/27} <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Chili on a baked potato ^{1/28} <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Turkey burgers + big salad ^{1/29} <i>bun if you want it</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick ^{1/30} <i>order meat + veggies first</i> 9PM · your pick WALK
WEEK 3 COOK DAY · JAN 31 Greek turkey meatballs + rice <i>eat them fresh tonight</i> 9PM · cheesecake cup EASY WALK	Meatball bowl + tzatziki ^{2/1} <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Meatballs in a naan wrap ^{2/2} <i>already cooked — just build it</i> 9PM · cheesecake cup WALK 25–30	Meatball bowl again ^{2/3} <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Big Greek salad + meatballs ^{2/4} <i>cold — no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Garlic-butter cod + potatoes ^{2/5} <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick ^{2/6} <i>order meat + veggies first</i> 9PM · your pick WALK
WEEK 4 COOK DAY · FEB 7 Turkey lasagna <i>eat it fresh from the oven</i> 9PM · cheesecake cup EASY WALK	Lasagna + big salad ^{2/8} <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Beef taco bowl ^{2/9} <i>93% lean, already cooked</i> 9PM · cheesecake cup WALK 25–30	Lasagna again ^{2/10} <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Beef tacos ^{2/11} <i>already cooked — just build them</i> 9PM · cheesecake cup WALK 25–30	Pork tenderloin + veggies ^{2/12} <i>one pan in the oven</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer ^{2/13} 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:** Late winter — keep showing up, spring is close.