

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 · FEB 14 Mediterranean chicken + rice <i>eat it tonight as bowls</i> 9PM · cheesecake cup EASY WALK	Mediterranean chicken bowl ^{2/15} <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Chicken + tzatziki naan wrap ^{2/16} <i>already cooked — just build it</i> 9PM · cheesecake cup WALK 25–30	Mediterranean bowl, last one ^{2/17} <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY B	Big Greek salad + chicken ^{2/18} <i>cold — no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Garlic-butter cod + potatoes ^{2/19} <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick ^{2/20} <i>order meat + veggies first</i> 9PM · your pick WALK
WEEK 2 COOK DAY · FEB 21 Salsa shredded chicken <i>eat it tonight as burrito bowls</i> 9PM · cheesecake cup EASY WALK	Salsa-chicken tacos ^{2/22} <i>already cooked — just build them</i> 9PM · Yasso bar WEIGHTS · DAY A	Turkey rice bowl ^{2/23} <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Chicken enchilada bake ^{2/24} <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Turkey tacos ^{2/25} <i>already cooked — just build them</i> 9PM · cheesecake cup WALK 25–30	Garlic shrimp + rice ^{2/26} <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick ^{2/27} <i>order meat + veggies first</i> 9PM · your pick WALK
WEEK 3 COOK DAY · FEB 28 Chicken wild rice soup <i>fresh from the pot tonight</i> 9PM · cheesecake cup EASY WALK	Soup night + side salad ^{3/1} <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Chicken salad in a naan wrap ^{3/2} <i>cold — no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Soup night ^{3/3} <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Soup + half a sandwich ^{3/4} <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Garlic shrimp + rice ^{3/5} <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer ^{3/6} 9PM · your pick WALK
WEEK 4 COOK DAY · MAR 7 Beef taco meat, big batch <i>eat it tonight as taco bowls</i> 9PM · cheesecake cup EASY WALK	Beef tacos ^{3/8} <i>already cooked — just build them</i> 9PM · Yasso bar WEIGHTS · DAY A	Big crunchy taco salad ^{3/9} <i>already cooked — just build it</i> 9PM · cheesecake cup WALK 25–30	Beef enchilada bake ^{3/10} <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Beef taco bowl ^{3/11} <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Garlic shrimp + rice ^{3/12} <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer ^{3/13} 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:** Spring — last of the soups until fall.