

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 · MAR 14 Sheet-pan chicken fajitas <i>eat them fresh tonight</i> 9PM · cheesecake cup EASY WALK	Fajita bowl 3/15 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Fajita tacos 3/16 <i>already cooked — just build them</i> 9PM · cheesecake cup WALK 25–30	Fajita bowl again 3/17 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Chicken fajita salad 3/18 <i>cold and crunchy</i> 9PM · cheesecake cup WALK 25–30	Turkey burgers + big salad 3/19 <i>bun if you want it</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick 3/20 <i>order meat + veggies first</i> 9PM · your pick WALK
WEEK 2 COOK DAY · MAR 21 Turkey meatloaf + roasted veggies <i>eat it fresh tonight</i> 9PM · cheesecake cup EASY WALK	Meatloaf + big salad 3/22 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Chicken salad in a naan wrap 3/23 <i>cold — no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Meatloaf again 3/24 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Chicken salad plate + fruit 3/25 <i>cold — no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Turkey burgers + big salad 3/26 <i>bun if you want it</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer 3/27 9PM · your pick WALK
WEEK 3 COOK DAY · MAR 28 Big-batch deli chicken salad <i>cold week — barely any cooking</i> 9PM · cheesecake cup EASY WALK	Chicken salad naan wrap 3/29 <i>no cooking tonight</i> 9PM · Yasso bar WEIGHTS · DAY A	Chicken salad plate + fruit 3/30 <i>no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Breakfast-for-dinner scramble 3/31 <i>10 minutes</i> 9PM · Yasso bar WEIGHTS · DAY B	Chicken salad wrap 4/1 <i>no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Garlic shrimp + rice 4/2 <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick 4/3 <i>order meat + veggies first</i> 9PM · your pick WALK
WEEK 4 COOK DAY · APR 4 Turkey lasagna <i>eat it fresh from the oven</i> 9PM · cheesecake cup EASY WALK	Lasagna + big salad 4/5 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Beef taco bowl 4/6 <i>93% lean, already cooked</i> 9PM · cheesecake cup WALK 25–30	Lasagna again 4/7 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Beef tacos 4/8 <i>already cooked — just build them</i> 9PM · cheesecake cup WALK 25–30	Pork tenderloin + veggies 4/9 <i>one pan in the oven</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer 4/10 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:** Lighter and colder plates as it warms up.