

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 · APR 11 Mediterranean chicken + rice <i>eat it tonight as bowls</i> 9PM · cheesecake cup EASY WALK	Mediterranean chicken bowl 4/12 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Chicken + tzatziki naan wrap 4/13 <i>already cooked — just build it</i> 9PM · cheesecake cup WALK 25–30	Mediterranean bowl, last one 4/14 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY B	Big Greek salad + chicken 4/15 <i>cold — no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Garlic-butter cod + potatoes 4/16 <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick 4/17 <i>order meat + veggies first</i> 9PM · your pick WALK
WEEK 2 COOK DAY · APR 18 Crock-pot pulled pork tenderloin <i>eat it tonight over rice</i> 9PM · cheesecake cup EASY WALK	Pulled-pork bowl 4/19 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Pulled-pork tacos 4/20 <i>already cooked — just build them</i> 9PM · cheesecake cup WALK 25–30	Pulled pork on a baked potato 4/21 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Big salad + pulled pork 4/22 <i>cold and crunchy</i> 9PM · cheesecake cup WALK 25–30	Garlic shrimp + rice 4/23 <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer 4/24 9PM · your pick WALK
WEEK 3 COOK DAY · APR 25 Salsa shredded chicken <i>eat it tonight as burrito bowls</i> 9PM · cheesecake cup EASY WALK	Salsa-chicken tacos 4/26 <i>already cooked — just build them</i> 9PM · Yasso bar WEIGHTS · DAY A	Turkey rice bowl 4/27 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Chicken enchilada bake 4/28 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Turkey tacos 4/29 <i>already cooked — just build them</i> 9PM · cheesecake cup WALK 25–30	Garlic shrimp + rice 4/30 <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick 5/1 <i>order meat + veggies first</i> 9PM · your pick WALK
WEEK 4 COOK DAY · MAY 2 Greek turkey meatballs + rice <i>eat them fresh tonight</i> 9PM · cheesecake cup EASY WALK	Meatball bowl + tzatziki 5/3 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Meatballs in a naan wrap 5/4 <i>already cooked — just build it</i> 9PM · cheesecake cup WALK 25–30	Meatball bowl again 5/5 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Big Greek salad + meatballs 5/6 <i>cold — no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Garlic-butter cod + potatoes 5/7 <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick 5/8 <i>order meat + veggies first</i> 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:** Early summer — grill-season flavors, same routine.