

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 · JUN 6 Salsa shredded chicken <i>eat it tonight as burrito bowls</i> 9PM · cheesecake cup EASY WALK	Salsa-chicken tacos ^{6/7} <i>already cooked — just build them</i> 9PM · Yasso bar WEIGHTS · DAY A	Turkey rice bowl ^{6/8} <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Chicken enchilada bake ^{6/9} <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Turkey tacos ^{6/10} <i>already cooked — just build them</i> 9PM · cheesecake cup WALK 25–30	Garlic shrimp + rice ^{6/11} <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick ^{6/12} <i>order meat + veggies first</i> 9PM · your pick WALK
WEEK 2 COOK DAY · JUN 13 Mediterranean chicken + rice <i>eat it tonight as bowls</i> 9PM · cheesecake cup EASY WALK	Mediterranean chicken bowl ^{6/14} <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Chicken + tzatziki naan wrap ^{6/15} <i>already cooked — just build it</i> 9PM · cheesecake cup WALK 25–30	Mediterranean bowl, last one ^{6/16} <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY B	Big Greek salad + chicken ^{6/17} <i>cold — no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Garlic-butter cod + potatoes ^{6/18} <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick ^{6/19} <i>order meat + veggies first</i> 9PM · your pick WALK
WEEK 3 COOK DAY · JUN 20 Turkey meatloaf + roasted veggies <i>eat it fresh tonight</i> 9PM · cheesecake cup EASY WALK	Meatloaf + big salad ^{6/21} <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Chicken salad in a naan wrap ^{6/22} <i>cold — no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Meatloaf again ^{6/23} <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Chicken salad plate + fruit ^{6/24} <i>cold — no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Turkey burgers + big salad ^{6/25} <i>bun if you want it</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer ^{6/26} 9PM · your pick WALK
WEEK 4 COOK DAY · JUN 27 Your favorite batch — your choice <i>you know how to do this now</i> 9PM · cheesecake cup EASY WALK	Your pick ^{6/28} <i>from any green page</i> 9PM · Yasso bar WEIGHTS · DAY A	Your pick ^{6/29} <i>from any green page</i> 9PM · cheesecake cup WALK 25–30	Your pick ^{6/30} <i>freeze extras, like always</i> 9PM · Yasso bar WEIGHTS · DAY B	Your pick ^{7/1} <i>already cooked, knowing you</i> 9PM · cheesecake cup WALK 25–30	Shrimp night — the classic ^{7/2} <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Celebration dinner out ^{7/3} <i>a year of showing up</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:** Month 12 — you built this life. Next month looks just like this one, with a little more food.