

SAME EVERY DAY: 8:30 **coffee + fueling** · 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 · AUG 2 Salsa shredded chicken <i>eat it tonight as burrito bowls</i> 9PM · cheesecake cup EASY WALK	Salsa-chicken tacos ^{8/3} <i>already cooked — just build them</i> 9PM · Yasso bar WEIGHTS · DAY A	Turkey rice bowl ^{8/4} <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Chicken enchilada bake ^{8/5} <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Turkey tacos ^{8/6} <i>already cooked — just build them</i> 9PM · cheesecake cup WALK 25–30	Garlic shrimp + rice ^{8/7} <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick ^{8/8} <i>order meat + veggies first</i> 9PM · your pick WALK
WEEK 2 COOK DAY · AUG 9 Turkey meatloaf + roasted veggies <i>eat it fresh tonight</i> 9PM · cheesecake cup EASY WALK	Meatloaf + big salad ^{8/10} <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Chicken salad in a naan wrap ^{8/11} <i>cold — no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Meatloaf again ^{8/12} <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Chicken salad plate + fruit ^{8/13} <i>cold — no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Turkey burgers + big salad ^{8/14} <i>bun if you want it</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer ^{8/15} 9PM · your pick WALK
WEEK 3 COOK DAY · AUG 16 Mediterranean chicken + rice <i>eat it tonight as bowls</i> 9PM · cheesecake cup EASY WALK	Mediterranean chicken bowl ^{8/17} <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Chicken + tzatziki naan wrap ^{8/18} <i>already cooked — just build it</i> 9PM · cheesecake cup WALK 25–30	Mediterranean bowl, last one ^{8/19} <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY B	Big Greek salad + chicken ^{8/20} <i>cold — no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Garlic-butter cod + potatoes ^{8/21} <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick ^{8/22} <i>order meat + veggies first</i> 9PM · your pick WALK
WEEK 4 COOK DAY · AUG 23 Turkey lasagna <i>eat it fresh from the oven</i> 9PM · cheesecake cup EASY WALK	Lasagna + big salad ^{8/24} <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Beef taco bowl ^{8/25} <i>93% lean, already cooked</i> 9PM · cheesecake cup WALK 25–30	Lasagna again ^{8/26} <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Beef tacos ^{8/27} <i>already cooked — just build them</i> 9PM · cheesecake cup WALK 25–30	Pork tenderloin + veggies ^{8/28} <i>one pan in the oven</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer ^{8/29} 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:** Fuelings this month: week 1: 3 a day · week 2: 2 · weeks 3–4: 1 · then done.

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 · AUG 30 Sheet-pan chicken fajitas <i>eat them fresh tonight</i> 9PM · cheesecake cup EASY WALK	Fajita bowl 8/31 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Fajita tacos 9/1 <i>already cooked — just build them</i> 9PM · cheesecake cup WALK 25–30	Fajita bowl again 9/2 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Chicken fajita salad 9/3 <i>cold and crunchy</i> 9PM · cheesecake cup WALK 25–30	Turkey burgers + big salad 9/4 <i>bun if you want it</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick 9/5 <i>order meat + veggies first</i> 9PM · your pick WALK
WEEK 2 COOK DAY · SEP 6 Crock-pot pulled pork tenderloin <i>eat it tonight over rice</i> 9PM · cheesecake cup EASY WALK	Pulled-pork bowl 9/7 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Pulled-pork tacos 9/8 <i>already cooked — just build them</i> 9PM · cheesecake cup WALK 25–30	Pulled pork on a baked potato 9/9 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Big salad + pulled pork 9/10 <i>cold and crunchy</i> 9PM · cheesecake cup WALK 25–30	Garlic shrimp + rice 9/11 <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer 9/12 9PM · your pick WALK
WEEK 3 COOK DAY · SEP 13 Greek turkey meatballs + rice <i>eat them fresh tonight</i> 9PM · cheesecake cup EASY WALK	Meatball bowl + tzatziki 9/14 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Meatballs in a naan wrap 9/15 <i>already cooked — just build it</i> 9PM · cheesecake cup WALK 25–30	Meatball bowl again 9/16 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Big Greek salad + meatballs 9/17 <i>cold — no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Garlic-butter cod + potatoes 9/18 <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick 9/19 <i>order meat + veggies first</i> 9PM · your pick WALK
WEEK 4 COOK DAY · SEP 20 Beef taco meat, big batch <i>eat it tonight as taco bowls</i> 9PM · cheesecake cup EASY WALK	Beef tacos 9/21 <i>already cooked — just build them</i> 9PM · Yasso bar WEIGHTS · DAY A	Big crunchy taco salad 9/22 <i>already cooked — just build it</i> 9PM · cheesecake cup WALK 25–30	Beef enchilada bake 9/23 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Beef taco bowl 9/24 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Garlic shrimp + rice 9/25 <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer 9/26 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:** No more fuelings — real food all the way from here.

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 · SEP 27 White chicken chili <i>fresh from the pot tonight</i> 9PM · cheesecake cup EASY WALK	Chili night + side salad 9/28 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Chicken rice bowl 9/29 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Chili night 9/30 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Chili on a baked potato 10/1 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Turkey burgers + big salad 10/2 <i>bun if you want it</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick 10/3 <i>order meat + veggies first</i> 9PM · your pick WALK
WEEK 2 COOK DAY · OCT 4 Chicken wild rice soup <i>fresh from the pot tonight</i> 9PM · cheesecake cup EASY WALK	Soup night + side salad 10/5 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Chicken salad in a naan wrap 10/6 <i>cold — no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Soup night 10/7 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Soup + half a sandwich 10/8 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Garlic shrimp + rice 10/9 <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer 10/10 9PM · your pick WALK
WEEK 3 COOK DAY · OCT 11 Turkey chili <i>fresh from the pot tonight</i> 9PM · cheesecake cup EASY WALK	Chili night + side salad 10/12 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Chili on a baked potato 10/13 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Chili night 10/14 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Chili taco bowl 10/15 <i>already cooked — just build it</i> 9PM · cheesecake cup WALK 25–30	Garlic-butter cod + potatoes 10/16 <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick 10/17 <i>order meat + veggies first</i> 9PM · your pick WALK
WEEK 4 COOK DAY · OCT 18 Salsa shredded chicken <i>eat it tonight as burrito bowls</i> 9PM · cheesecake cup EASY WALK	Salsa-chicken tacos 10/19 <i>already cooked — just build them</i> 9PM · Yasso bar WEIGHTS · DAY A	Turkey rice bowl 10/20 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Chicken enchilada bake 10/21 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Turkey tacos 10/22 <i>already cooked — just build them</i> 9PM · cheesecake cup WALK 25–30	Garlic shrimp + rice 10/23 <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick 10/24 <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:** Soup season starts — your soups are back.

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

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 COOK DAY · OCT 25 Broccoli cheese soup, lightened <i>fresh from the pot — still creamy</i> 9PM · cheesecake cup EASY WALK	Soup + rotisserie chicken 10/26 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Soup night + side salad 10/27 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Soup night 10/28 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Rotisserie chicken plate + veggies 10/29 <i>no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Turkey burgers + big salad 10/30 <i>bun if you want it</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer 10/31 9PM · your pick WALK
WEEK 2 COOK DAY · NOV 1 Turkey meatloaf + roasted veggies <i>eat it fresh tonight</i> 9PM · cheesecake cup EASY WALK	Meatloaf + big salad 11/2 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Chicken salad in a naan wrap 11/3 <i>cold — no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Meatloaf again 11/4 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Chicken salad plate + fruit 11/5 <i>cold — no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Turkey burgers + big salad 11/6 <i>bun if you want it</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer 11/7 9PM · your pick WALK
WEEK 3 COOK DAY · NOV 8 Chicken wild rice soup <i>fresh from the pot tonight</i> 9PM · cheesecake cup EASY WALK	Soup night + side salad 11/9 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Chicken salad in a naan wrap 11/10 <i>cold — no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Soup night 11/11 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Soup + half a sandwich 11/12 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Garlic shrimp + rice 11/13 <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer 11/14 9PM · your pick WALK
WEEK 4 COOK DAY · NOV 15 Turkey lasagna <i>eat it fresh from the oven</i> 9PM · cheesecake cup EASY WALK	Lasagna + big salad 11/16 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Beef taco bowl 11/17 <i>93% lean, already cooked</i> 9PM · cheesecake cup WALK 25–30	Lasagna again 11/18 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Beef tacos 11/19 <i>already cooked — just build them</i> 9PM · cheesecake cup WALK 25–30	Pork tenderloin + veggies 11/20 <i>one pan in the oven</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer 11/21 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:** Holiday month — the freezer stash is your friend at busy nights.

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

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 COOK DAY · NOV 22 White chicken chili <i>fresh from the pot tonight</i> 9PM · cheesecake cup EASY WALK	Chili night + side salad 11/23 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Chicken rice bowl 11/24 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Chili night 11/25 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Chili on a baked potato 11/26 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Turkey burgers + big salad 11/27 <i>bun if you want it</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick 11/28 <i>order meat + veggies first</i> 9PM · your pick WALK
WEEK 2 COOK DAY · NOV 29 Beef taco meat, big batch <i>eat it tonight as taco bowls</i> 9PM · cheesecake cup EASY WALK	Beef tacos 11/30 <i>already cooked — just build them</i> 9PM · Yasso bar WEIGHTS · DAY A	Big crunchy taco salad 12/1 <i>already cooked — just build it</i> 9PM · cheesecake cup WALK 25–30	Beef enchilada bake 12/2 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Beef taco bowl 12/3 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Garlic shrimp + rice 12/4 <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer 12/5 9PM · your pick WALK
WEEK 3 COOK DAY · DEC 6 Mediterranean chicken + rice <i>eat it tonight as bowls</i> 9PM · cheesecake cup EASY WALK	Mediterranean chicken bowl 12/7 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Chicken + tzatziki naan wrap 12/8 <i>already cooked — just build it</i> 9PM · cheesecake cup WALK 25–30	Mediterranean bowl, last one 12/9 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY B	Big Greek salad + chicken 12/10 <i>cold — no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Garlic-butter cod + potatoes 12/11 <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick 12/12 <i>order meat + veggies first</i> 9PM · your pick WALK
WEEK 4 COOK DAY · DEC 13 Creamy chicken + veggie soup <i>fresh from the pot tonight</i> 9PM · cheesecake cup EASY WALK	Soup night + side salad 12/14 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Chicken rice bowl 12/15 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Soup night 12/16 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Soup + half a sandwich 12/17 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Pork tenderloin + veggies 12/18 <i>one pan in the oven</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer 12/19 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:** Deep winter — big pots, easy nights.

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

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 COOK DAY · DEC 20 Turkey chili <i>fresh from the pot tonight</i> 9PM · cheesecake cup EASY WALK	Chili night + side salad 12/21 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Chili on a baked potato 12/22 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Chili night 12/23 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Chili taco bowl 12/24 <i>already cooked — just build it</i> 9PM · cheesecake cup WALK 25–30	Garlic-butter cod + potatoes 12/25 <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick 12/26 <i>order meat + veggies first</i> 9PM · your pick WALK
WEEK 2 COOK DAY · DEC 27 Chicken wild rice soup <i>fresh from the pot tonight</i> 9PM · cheesecake cup EASY WALK	Soup night + side salad 12/28 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Chicken salad in a naan wrap 12/29 <i>cold — no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Soup night 12/30 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Soup + half a sandwich 12/31 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Garlic shrimp + rice 1/1 <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer 1/2 9PM · your pick WALK
WEEK 3 COOK DAY · JAN 3 Salsa shredded chicken <i>eat it tonight as burrito bowls</i> 9PM · cheesecake cup EASY WALK	Salsa-chicken tacos 1/4 <i>already cooked — just build them</i> 9PM · Yasso bar WEIGHTS · DAY A	Turkey rice bowl 1/5 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Chicken enchilada bake 1/6 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Turkey tacos 1/7 <i>already cooked — just build them</i> 9PM · cheesecake cup WALK 25–30	Garlic shrimp + rice 1/8 <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick 1/9 <i>order meat + veggies first</i> 9PM · your pick WALK
WEEK 4 COOK DAY · JAN 10 Broccoli cheese soup, lightened <i>fresh from the pot — still creamy</i> 9PM · cheesecake cup EASY WALK	Soup + rotisserie chicken 1/11 <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Soup night + side salad 1/12 <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Soup night 1/13 <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Rotisserie chicken plate + veggies 1/14 <i>no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Turkey burgers + big salad 1/15 <i>bun if you want it</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer 1/16 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:** Halfway. Same beat, stronger you.

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.

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.

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.

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.

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 · MAY 9 Big-batch deli chicken salad <i>cold week — barely any cooking</i> 9PM · cheesecake cup EASY WALK	Chicken salad naan wrap ^{5/10} <i>no cooking tonight</i> 9PM · Yasso bar WEIGHTS · DAY A	Chicken salad plate + fruit ^{5/11} <i>no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Breakfast-for-dinner scramble ^{5/12} <i>10 minutes</i> 9PM · Yasso bar WEIGHTS · DAY B	Chicken salad wrap ^{5/13} <i>no cooking tonight</i> 9PM · cheesecake cup WALK 25–30	Garlic shrimp + rice ^{5/14} <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick ^{5/15} <i>order meat + veggies first</i> 9PM · your pick WALK
WEEK 2 COOK DAY · MAY 16 Beef taco meat, big batch <i>eat it tonight as taco bowls</i> 9PM · cheesecake cup EASY WALK	Beef tacos ^{5/17} <i>already cooked — just build them</i> 9PM · Yasso bar WEIGHTS · DAY A	Big crunchy taco salad ^{5/18} <i>already cooked — just build it</i> 9PM · cheesecake cup WALK 25–30	Beef enchilada bake ^{5/19} <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Beef taco bowl ^{5/20} <i>already cooked — just warm it up</i> 9PM · cheesecake cup WALK 25–30	Garlic shrimp + rice ^{5/21} <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer ^{5/22} 9PM · your pick WALK
WEEK 3 COOK DAY · MAY 23 Sheet-pan chicken fajitas <i>eat them fresh tonight</i> 9PM · cheesecake cup EASY WALK	Fajita bowl ^{5/24} <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Fajita tacos ^{5/25} <i>already cooked — just build them</i> 9PM · cheesecake cup WALK 25–30	Fajita bowl again ^{5/26} <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Chicken fajita salad ^{5/27} <i>cold and crunchy</i> 9PM · cheesecake cup WALK 25–30	Turkey burgers + big salad ^{5/28} <i>bun if you want it</i> 9PM · SmartSweets BIKE + BALANCE	Dinner out with Rick ^{5/29} <i>order meat + veggies first</i> 9PM · your pick WALK
WEEK 4 COOK DAY · MAY 30 Crock-pot pulled pork tenderloin <i>eat it tonight over rice</i> 9PM · cheesecake cup EASY WALK	Pulled-pork bowl ^{5/31} <i>already cooked — just warm it up</i> 9PM · Yasso bar WEIGHTS · DAY A	Pulled-pork tacos ^{6/1} <i>already cooked — just build them</i> 9PM · cheesecake cup WALK 25–30	Pulled pork on a baked potato ^{6/2} <i>freeze what's left</i> 9PM · Yasso bar WEIGHTS · DAY B	Big salad + pulled pork ^{6/3} <i>cold and crunchy</i> 9PM · cheesecake cup WALK 25–30	Garlic shrimp + rice ^{6/4} <i>15 minutes, one pan</i> 9PM · SmartSweets BIKE + BALANCE	Out, or dinner from the freezer ^{6/5} 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:** Full summer — cold weeks and one-pan nights.

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.