

Week 3 — Mediterranean Week

Aug 16 – Aug 22, 2026 · *Your only job this week: follow the pages.*



THIS WEEK'S SPARK

Your taste buds replace themselves about every two weeks. The less sugar they're fed, the sweeter a strawberry gets. Give them a month — they're on your side.

THIS WEEK AT A GLANCE

THE FOOD	Sunday: mediterranean chicken + rice. Plus: 2-minute tzatziki. Every other night is already made or takes 15 minutes.
FUELINGS	1 fueling a day — the last box.
THE GYM	Phase 1 — Learn the Moves — Weeks 1–2: just 1–2 light sets of each. We're grooving form, not setting records. By week 4 you'll own these.
9PM DESSERT	On the calendar every night, with your gummies. Part of the plan, not a slip.
WEIGH-IN	Sunday morning only. Write it on the calendar page, then forget it until next Sunday.

THE WEEK IS A WIN IF...

...you check **24 of the 28 boxes** on the next page. A missed box is information, not failure.

Portions and the approved brands live in the Start Here packet. Questions → Matthew.

Every day: 8:30 coffee · 11:30 breakfast · 3:00 snack · 6:00 dinner (green) · 9:00 dessert (amber). Boxes: **M** meals eaten · **D** dinner as planned · **W** today's workout done (the pill — gym or walk) · **9** dessert as planned.

SUNCOOK DAY
8/16

Mediterranean chicken + rice

9PM cheesecake cup

EASY WALK

☐ M ☐ D
☐ W ☐ 9
MON

8/17

Mediterranean chicken bowl

9PM Yasso bar

WEIGHTS · DAY A

☐ M ☐ D
☐ W ☐ 9
TUE

8/18

Chicken + tzatziki naan wrap

9PM cheesecake cup

WALK 25–30

☐ M ☐ D
☐ W ☐ 9
WED

8/19

Mediterranean bowl, last one

9PM Yasso bar

WEIGHTS · DAY B

☐ M ☐ D
☐ W ☐ 9
THU

8/20

Big Greek salad + chicken

9PM cheesecake cup

WALK 25–30

☐ M ☐ D
☐ W ☐ 9
FRI

8/21

Garlic-butter cod + potatoes

9PM SmartSweets

BIKE + BALANCE

☐ M ☐ D
☐ W ☐ 9
SAT

8/22

Dinner out with Rick

9PM your pick

WALK

☐ M ☐ D
☐ W ☐ 9

SUNDAY WEIGH-IN: morning, after the bathroom, before coffee → write it here: _____ lbs → forget it until next Sunday. Boxes this week: _____ / 28 (24+ = winning)

Tags show the best-value store. Anything on the Approved Brands pages (Start Here) is a yes — grab whatever's on deal. Feeds one person for the week.

Meat & protein

- ☐ Chicken breast, 2.5 lb COSTCO
- ☐ Frozen cod, 2 pieces COSTCO

This week's pantry

- ☐ Rice — if low COSTCO
- ☐ Mini naan, 1 pack LUNDS
- ☐ Oregano, paprika — if low CUB

Produce

- ☐ Cucumbers × 3 CUB
- ☐ Tomatoes, 4-5 CUB
- ☐ Red onion × 1 CUB
- ☐ Lemons × 3 CUB
- ☐ Dill (optional) LUNDS
- ☐ Salad kits × 2 COSTCO

Every-week staples (check, don't assume)

- ☐ Fage 0% Greek yogurt, big tub COSTCO
- ☐ Good Culture cottage cheese COSTCO
- ☐ Eggs + egg whites COSTCO
- ☐ Unsweetened almond milk CUB
- ☐ Berries, 2 lb COSTCO
- ☐ Bananas + apples CUB
- ☐ Oats · chia · PBfit · granola COSTCO
- ☐ Vanilla Greek yogurt (dessert cups) CUB
- ☐ Graham crackers + honey CUB
- ☐ Yasso bars · SmartSweets · seltzer COSTCO
- ☐ Coffee creamer (Chobani) CUB

SUNDAY COOK DAY — ABOUT 2 HOURS, THEN YOU'RE DONE COOKING FOR THE WEEK

Put on music or a show. Steps in order — the pot does the hard part.

1. ☐ Roast the lemon-garlic chicken on one sheet pan; rice goes at the same time.
2. ☐ Chop the cucumber-tomato salad and stir the tzatziki while the oven works.
3. ☐ Two overnight-oats jars for the walk days, and set the parfait station (granola cups scooped, berries washed, yogurt up front).
4. ☐ Three cheesecake cups: whipped vanilla yogurt over crushed graham, berries on top, lidded jars.
5. ☐ Label everything. Extras to the freezer — the freezer stash is your backup plan every single week.

WEDNESDAY TOP-UP — 15 MINUTES, OPTIONAL

Refill the parfait cups, one more oats jar if you're low, move the next dinner to the front of the fridge. That's it.

■ MEAL · SUNDAY COOK DAY

Mediterranean Chicken + Rice

ONE SHEET PAN + A POT OF RICE · 45 MIN

- 2.5 lb chicken breast, cut into big chunks
 - Olive oil + lemon + 2 garlic cloves
 - 1 spoonful oregano · paprika · salt · pepper
 - Pot of rice (4 servings)
 - Cucumber + tomatoes + red onion for the chopped salad
1. Toss chicken with oil, lemon, garlic, spices. Sheet pan, 425° for 20–22 minutes.
 2. Rice in the cooker or pot while it roasts.
 3. Chop the cucumber-tomato salad; dress with olive oil, lemon, salt.
 4. Stir the tzatziki (card below). Bowls tonight; the rest in containers.

YOUR PORTION: Your bowl: fist of rice + big helping of chicken + half the bowl chopped salad + 2 spoonfuls tzatziki.

Good to know: Wrap night: same parts folded into one mini naan.

■ MEAL · SUNDAY COOK DAY

2-Minute Tzatziki

STIR, DONE

- 1 cup Greek yogurt
 - Half a cucumber, grated and squeezed dry
 - 1 garlic clove, grated · lemon squeeze · pinch of salt · dill if you have it
1. Stir everything. That's it. Better tomorrow than today.

YOUR PORTION: Unlimited-ish: it's mostly yogurt — 2 big spoonfuls per bowl is the sweet spot.

■ MEAL · FRIDAY

Garlic-Butter Cod + Potatoes

ONE PAN · 15 MINUTES

- 2 cod pieces, thawed
 - 1 spoonful butter + 1 of olive oil
 - 2 garlic cloves · lemon or lime
 - Leftover potatoes, halved
1. Potatoes cut-side down in the hot pan first, 4 minutes.
 2. Push aside; butter, oil, garlic, then cod — 3 minutes a side until it flakes.
 3. Squeeze citrus over everything.

YOUR PORTION: Your plate: both cod pieces + a fist of potatoes + big salad.

■ MEAL · MORNINGS

Parfait Bowl — your biggest protein of the day

2 MINUTES · THE STATION IS ALREADY SET UP

- 1 big cup Fage yogurt + 1 scoop vanilla protein, stirred in
 - Big handful of berries
 - 1 pre-scooped granola cup
 - Drizzle of honey
1. Stir the protein into the yogurt first — it turns into vanilla pudding.
 2. Berries, granola, honey. Dessert for breakfast, doing the most work of anything you eat all day.

YOUR PORTION: Gym days: eat this after the gym, around 11:30. Don't skip it.**Good to know:** Trade for: a protein shake + 2 hard-boiled eggs, or an oats jar.

■ MEAL · MORNINGS

Overnight Oats Jars

5 MIN A JAR · MAKE 2 ON SUNDAY · EAT COLD

- Per jar: ½ cup oats · 1 spoonful chia seeds
 - ¾ cup almond milk · ½ scoop vanilla protein
 - 1 spoonful PBfit · handful of berries · small drizzle of honey
1. Shake the protein and PBfit into the almond milk, right in the jar.
 2. Oats and chia in, stir, berries on top, lid on, fridge.
 3. Eat cold — half at 8:30 if hungry, the rest at 11:30, or all at once.

YOUR PORTION: Quiet bonus: the oats in this jar actively help your cholesterol.

■ MEAL · MORNINGS

Egg Scramble Plate

10 MINUTES

- 2 eggs + a good pour of egg whites
 - Handful of chopped peppers and onions from Sunday
 - Cheese sprinkle · salsa on top
 - 1 low-carb tortilla, or a fist of potatoes
1. Soften the veggies 3 minutes. Eggs in, gentle stir until just set.
 2. Cheese, salsa. Tortilla on the side or wrap it all up.

YOUR PORTION: Your plate: the whole scramble + the tortilla OR the potatoes — pick one.

■ MEAL · MORNINGS

Protein Pancakes — weekend treat

15 MINUTES · SATURDAY OR SUNDAY MORNING

- ½ cup oats · 1 ripe banana · 2 eggs
 - 1 scoop vanilla protein · splash of almond milk · pinch of cinnamon
1. Everything in the blender until smooth. Rest 2 minutes.
 2. Small pancakes on a medium pan, flip when bubbles pop.
 3. Top with berries and a small drizzle of honey — not the syrup bottle.

YOUR PORTION: Your stack: 3 small pancakes. Yes, pancakes are in the plan.

■ DESSERT · THE 9PM SWEET

Cheesecake Cups

10 MIN ON SUNDAY · MAKES 3 · ABOUT 170 CALORIES EACH

- Per cup: ¾ cup vanilla Greek yogurt
 - 1 graham cracker sheet, crushed
 - Small drizzle of honey · a few berries
1. Crushed graham in the bottom of a small jar.
 2. Yogurt whipped with honey over the top. Berries. Lid. Fridge.
 3. 9pm: spoon, couch, show. Your gummies go with it. This is the plan working, not breaking.

YOUR PORTION: The 9pm rotation: cheesecake cup · Yasso bar · SmartSweets · dark chocolate + berries.

■ WEIGHTS · MONDAY · 10AM

Day A — Phase 1 — Learn the Moves

Easy bike 20 minutes (you can chat) → the list → balance moves. Weeks 1–2: just 1–2 light sets of each. We're grooving form, not setting records. By week 4 you'll own these.

EXERCISE (TAP THE NAME FOR A VIDEO)	IT SHOULD FEEL LIKE	IF IT HURTS, DO THIS INSTEAD
1 <u>Leg press</u> ▶ Feet high on the plate · knees point the same way as your toes · don't lock your knees straight	Thighs working, knees quiet	Stand up and sit down from a high box, holding weights
2 <u>Seated chest press</u> ▶ Shoulder blades back and down · handles at the middle of your chest	Chest and arms, not shoulders	Push-ups against the wall, hands wide
3 <u>Seated cable row</u> ▶ Sit tall · pull to your belly · squeeze your shoulder blades together	Upper back doing the work	Pull a band anchored at the rail
4 <u>Shoulder press with dumbbells, seated</u> ▶ Back against the pad · press up · keep your shoulders down, don't shrug	Shoulders, no neck strain	Lift light dumbbells to the front instead
5 <u>Leg curl machine</u> ▶ Lower slowly — count to 3 on the way down	Back of your thighs	Lie on the mat and lift your hips (bridges)
6 <u>Suitcase carry</u> ▶ One heavy-ish dumbbell in one hand · walk tall 20 steps · switch hands	Your side muscles fighting the lean	Lighter dumbbell, walk next to the rail

All of these: **2 × 10–12**. Stop each set 2 reps before it gets ugly.

BALANCE MOVES — 5 MINUTES, BY THE RAIL

[Staggered-stance hold](#) (One foot half ahead of the other, 30 seconds each side) → [Single-leg stand at the rail](#) (Fingertips down, 20 seconds each side) → [Dead bug](#) (8 each side, slow, low back stays down) → [Bird dog](#) (8 each side, steady hips). **Using the rail is smart, not weak.**

THE RULE — EVERY WORKOUT, FOREVER

Muscle burn is fine; a mild ache that's gone by morning is fine. **Sharp pain, swelling, limping, or worse-the-next-day = stop and use the "do this instead" column. The swap IS the workout.** And if evening medicines leave a morning foggy — **dizzy or unsteady = easy bike only today.** Still counts, still check the box.

■ WEIGHTS · WEDNESDAY · 10AM

Day B — Phase 1 — Learn the Moves

EXERCISE (TAP THE NAME FOR A VIDEO)	IT SHOULD FEEL LIKE	IF IT HURTS, DO THIS INSTEAD
1 Goblet squat to a bench ▶ Hold one dumbbell at your chest · sit back until you touch the bench · stand tall	Thighs and seat	Higher bench, or no weight
2 Lat pulldown ▶ Wide grip · pull down to your collarbone · don't lean way back	The wide muscles of your back	Pull-downs with a band
3 Chest press on the incline bench ▶ Bench tilted up a little · press up and slightly back	Upper chest	The chest press machine, light
4 Step-ups onto a low box ▶ Whole foot on the box · push through your heel · rail at your side	The stepping leg does the lift	Lower box, or no weights
5 Face pull (cable or band) ▶ Pull toward your forehead · elbows high · squeeze	The back of your shoulders	Pull a band apart at chest height
6 Farmer carry, two dumbbells ▶ Walk tall, 30 steps · your grip works hard	Grip and posture	Lighter dumbbells

All of these: **2 × 10–12**. Stop each set 2 reps before it gets ugly.

CORE — 5 MINUTES

Dead bug × 8 each side → [Side plank from your knees](#) (15 seconds each side) → bird dog × 8 each side → once more through.

■ BIKE + BALANCE · FRIDAY · 10AM

Bike Day

Bike 30 minutes: 5 easy → 20 a little breathy but could still chat → 5 easy. Then Monday's balance moves, twice through, plus 2 farmer-carry laps. Done by 11.

WALK days: 25–30 easy minutes at a chatting pace. Not a workout — a habit. It still checks the box. · Tap any dotted exercise name on your phone or tablet to watch a short how-to video.