

## Week 4 — Lasagna Week

Aug 23 – Aug 29, 2026 · *Your only job this week: follow the pages.*



### THIS WEEK'S SPARK

*Minnesota wood frogs freeze nearly solid every winter, heart stopped, and hop away in spring. You just finished your last fueling. Thawing out suits you.*

### THIS WEEK AT A GLANCE

|             |                                                                                                                                                    |
|-------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| THE FOOD    | Sunday: turkey lasagna (banza noodles). Plus: beef taco batch — the other half of the week. Every other night is already made or takes 15 minutes. |
| FUELINGS    | 1 fueling a day — after this week, they're done.                                                                                                   |
| 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.

**SUN**COOK DAY  
8/23

Turkey lasagna

9PM cheesecake cup

EASY WALK

☐ M ☐ D  
☐ W ☐ 9
**MON**

8/24

Lasagna + big salad

9PM Yasso bar

WEIGHTS · DAY A

☐ M ☐ D  
☐ W ☐ 9
**TUE**

8/25

Beef taco bowl

9PM cheesecake cup

WALK 25–30

☐ M ☐ D  
☐ W ☐ 9
**WED**

8/26

Lasagna again

9PM Yasso bar

WEIGHTS · DAY B

☐ M ☐ D  
☐ W ☐ 9
**THU**

8/27

Beef tacos

9PM cheesecake cup

WALK 25–30

☐ M ☐ D  
☐ W ☐ 9
**FRI**

8/28

Pork tenderloin + veggies

9PM SmartSweets

BIKE + BALANCE

☐ M ☐ D  
☐ W ☐ 9
**SAT**

8/29

Out, or dinner from the freezer

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

- ☐ 93/7 ground turkey, 1.5 lb COSTCO
- ☐ 93% lean ground beef, 1 lb COSTCO
- ☐ Pork tenderloin COSTCO

### This week's pantry

- ☐ Banza lasagna noodles, 1 box COSTCO
- ☐ Rao's marinara, 1 jar COSTCO
- ☐ Black beans × 2 cans CUB
- ☐ Corn tortillas CUB

### Produce

- ☐ Salad kits × 3 (lasagna nights need them) COSTCO
- ☐ Slaw mix COSTCO

### Dairy

- ☐ Shredded mozzarella, 1 bag CUB

### 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. ☐ Build and bake the lasagna — the oven does 45 minutes of the work.
2. ☐ While it bakes, brown the beef taco batch on the stove.
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

**Turkey Lasagna (Banza noodles)**

OVEN · 30 MIN TO BUILD, 45 TO BAKE · FEEDS 3 DINNERS + FREEZER

- 1 box Banza lasagna noodles (no pre-boil needed)
  - 1.5 lb 93/7 ground turkey
  - 1 jar Rao's marinara
  - 1 tub cottage cheese (the secret — creamy, huge protein)
  - 1 egg · shredded mozzarella · Italian seasoning
1. Brown the turkey; stir in the marinara.
  2. Mix cottage cheese with the egg and seasoning.
  3. Layer: sauce, noodles, cottage cheese mix, repeat. Mozzarella on top.
  4. Covered at 375° for 35 min, uncovered 10 more. Rest 15 minutes — it needs it.

**YOUR PORTION:** Your piece: a square about the size of your palm, tall as it comes + big salad every lasagna night.

**Good to know:** Cut the leftovers into singles before you fridge them — future you says thanks.

## ■ MEAL · SUNDAY COOK DAY

**Beef Taco Batch — the other half of the week**

STOVE · 20 MIN

- 1 lb 93% lean ground beef
  - Taco seasoning + splash of water
  - Black beans, 1 can
1. Brown, season, stir in the beans. Two containers: BOWL and TACOS.

**YOUR PORTION:** Bowl: fist of rice + big helping + salsa + yogurt + slaw. Tacos: 3 corn tortillas, same toppings.

## ■ MEAL · FRIDAY

**Pork Tenderloin + Veggies**

ONE SHEET PAN · 30 MIN, MOSTLY OVEN

- 1 pork tenderloin
  - Bag of frozen veggies or chopped fresh
  - Olive oil, garlic powder, salt, pepper
1. Everything on one pan, oil and seasoning over all of it.
  2. 425° for 22–25 minutes. Rest the pork 5 minutes before slicing.
  3. Slices you don't eat → fridge, they reheat great.

**YOUR PORTION:** Your plate: a big helping of pork + half the plate veggies + a fist of potatoes if you want them.

## ■ 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 <b><u>Leg press</u></b> ▶<br>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 <b><u>Seated chest press</u></b> ▶<br>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 <b><u>Seated cable row</u></b> ▶<br>Sit tall · pull to your belly · squeeze your shoulder blades together                        | Upper back doing the work           | Pull a band anchored at the rail                       |
| 4 <b><u>Shoulder press with dumbbells, seated</u></b> ▶<br>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 <b><u>Leg curl machine</u></b> ▶<br>Lower slowly — count to 3 on the way down                                                    | Back of your thighs                 | Lie on the mat and lift your hips (bridges)            |
| 6 <b><u>Suitcase carry</u></b> ▶<br>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 <b><u>Goblet squat to a bench</u></b> ▶<br>Hold one dumbbell at your chest · sit back until you touch the bench · stand tall | Thighs and seat                | Higher bench, or no weight        |
| 2 <b><u>Lat pulldown</u></b> ▶<br>Wide grip · pull down to your collarbone · don't lean way back                               | The wide muscles of your back  | Pull-downs with a band            |
| 3 <b><u>Chest press on the incline bench</u></b> ▶<br>Bench tilted up a little · press up and slightly back                    | Upper chest                    | The chest press machine, light    |
| 4 <b><u>Step-ups onto a low box</u></b> ▶<br>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 <b><u>Face pull (cable or band)</u></b> ▶<br>Pull toward your forehead · elbows high · squeeze                               | The back of your shoulders     | Pull a band apart at chest height |
| 6 <b><u>Farmer carry, two dumbbells</u></b> ▶<br>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.