

# Week 11 — Turkey Chili Week

Oct 11 – Oct 17, 2026 · *Your only job this week: follow the pages.*



## THIS WEEK'S SPARK

*A loon needs a quarter mile of open water to get airborne — then cruises at 70 mph. Slow takeoffs, fast flight. Remember which part you're in.*

## THIS WEEK AT A GLANCE

|             |                                                                                                                                |
|-------------|--------------------------------------------------------------------------------------------------------------------------------|
| THE FOOD    | Sunday: turkey chili. Every other night is already made or takes 15 minutes.                                                   |
| THE GYM     | Phase 2 — One More Set — Same moves you already know — now 3 sets. When 12 reps feels easy, go one dumbbell heavier next time. |
| 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  
10/11

Turkey chili

9PM cheesecake cup

EASY WALK

☐ M ☐ D  
☐ W ☐ 9
**MON**

10/12

Chili night + side salad

9PM Yasso bar

WEIGHTS · DAY A

☐ M ☐ D  
☐ W ☐ 9
**TUE**

10/13

Chili on a baked potato

9PM cheesecake cup

WALK 25–30

☐ M ☐ D  
☐ W ☐ 9
**WED**

10/14

Chili night

9PM Yasso bar

WEIGHTS · DAY B

☐ M ☐ D  
☐ W ☐ 9
**THU**

10/15

Chili taco bowl

9PM cheesecake cup

WALK 25–30

☐ M ☐ D  
☐ W ☐ 9
**FRI**

10/16

Garlic-butter cod + potatoes

9PM SmartSweets

BIKE + BALANCE

☐ M ☐ D  
☐ W ☐ 9
**SAT**

10/17

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

- ☐ 93/7 ground turkey, 2 lb **COSTCO**
- ☐ Frozen cod, 2 pieces **COSTCO**

### This week's pantry

- ☐ Kidney/black beans × 2 cans **CUB**
- ☐ Crushed tomatoes, 1 big can **CUB**
- ☐ Chicken stock, 1 qt **COSTCO**

### Produce

- ☐ Onion + garlic **CUB**
- ☐ Russet potatoes × 3 **CUB**
- ☐ Salad kits × 2 + slaw **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. ☐ Brown and simmer the turkey chili — 40 minutes, one pot.
2. ☐ Rice pot + wash potatoes; portion the chili when it's done.
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 Chili**

ONE POT · 40 MIN, MOSTLY SIMMERING · MAKES 6 BOWLS

- 2 lb 93/7 ground turkey
  - 1 onion + 2 garlic cloves
  - 2 cans kidney or black beans, rinsed
  - 1 big can crushed tomatoes
  - 2 cups stock · chili powder, cumin, oregano
1. Brown the turkey with the onion and garlic.
  2. Everything else in; simmer 30 minutes with the lid half on.
  3. Cheese sprinkle + yogurt spoon per bowl. 3 fridge, 3 freezer.

**YOUR PORTION:** Your bowl: two big ladles + a fist of rice OR over a baked potato + side salad.**Good to know:** Chili taco bowl night: a ladle over rice with slaw and salsa on top.

## ■ 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:  $\frac{3}{4}$  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 2 — One More Set**

*Easy bike 20 minutes (you can chat) → the list → balance moves. Same moves you already know — now 3 sets. When 12 reps feels easy, go one dumbbell heavier next time.*

| 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: **3 × 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 2 — One More Set**

| 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: **3 × 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.