

Week 34 — Meatloaf Week

Mar 21 – Mar 27, 2027 · *Your only job this week: follow the pages.*



THIS WEEK'S SPARK

Balance is pure use-it-or-lose-it, and practicing it lowers fall risk more than any supplement ever tested. Those minutes at the rail are longevity work disguised as standing.

THIS WEEK AT A GLANCE

THE FOOD	Sunday: turkey meatloaf + roasted veggies. Plus: deli chicken salad — the cold half of the week. Every other night is already made or takes 15 minutes.
THE GYM	Phase 4 — Stronger Than You Think — A little heavier, a little taller box on step-ups. The weights that scared you in month 1 are your warm-up now.
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 3/21	Turkey meatloaf + roasted veggies	9PM cheesecake cup	EASY WALK	☐ M ☐ D ☐ W ☐ 9
MON 3/22	Meatloaf + big salad	9PM Yasso bar	WEIGHTS · DAY A	☐ M ☐ D ☐ W ☐ 9
TUE 3/23	Chicken salad in a naan wrap	9PM cheesecake cup	WALK 25–30	☐ M ☐ D ☐ W ☐ 9
WED 3/24	Meatloaf again	9PM Yasso bar	WEIGHTS · DAY B	☐ M ☐ D ☐ W ☐ 9
THU 3/25	Chicken salad plate + fruit	9PM cheesecake cup	WALK 25–30	☐ M ☐ D ☐ W ☐ 9
FRI 3/26	Turkey burgers + big salad	9PM SmartSweets	BIKE + BALANCE	☐ M ☐ D ☐ W ☐ 9
SAT 3/27	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, 3 lb (loaf + burgers) **COSTCO**
- ☐ Rotisserie chicken **COSTCO**

This week's pantry

- ☐ Ketchup — if low **CUB**
- ☐ Crackers (simple ones) **CUB**
- ☐ Mini naan, 1 pack **LUNDS**

Produce

- ☐ Celery, 1 bunch **CUB**
- ☐ Red grapes, 1 bag **CUB**
- ☐ Baby potatoes, small bag **CUB**
- ☐ Veggies to roast + 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. ☐ Build the meatloaf and get it in the oven with the veggie pan — one hour, hands-free.
2. ☐ While it bakes: pull the rotisserie chicken and mix the chicken salad. Two dinners done cold.
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 Meatloaf + Roasted Veggies

OVEN · 20 MIN TO BUILD, 1 HOUR TO BAKE

- 2 lb 93/7 ground turkey
 - 1 egg + ½ cup oats
 - 1 small onion, chopped fine
 - 3 spoonfuls ketchup (plus a little for the top)
 - Garlic powder, salt, pepper
 - Sheet pan of chopped veggies or baby potatoes alongside
1. Mix gently — overmixing makes it tough. Shape into a loaf on a sheet pan.
 2. Thin ketchup layer on top. Veggies around it, touched with olive oil.
 3. 375° for about an hour, until the middle reads 165°. Rest 10 minutes, slice.

YOUR PORTION: Your plate: 1 thick slice (or 2 thin) + half a plate of the roasted veggies + a fist of potatoes.**Good to know:** Slices freeze beautifully — wrap two for the stash.

■ MEAL · SUNDAY COOK DAY

Deli Chicken Salad — the cold half of the week

NO COOKING · 15 MINUTES WITH A ROTISSERIE CHICKEN

- 1 rotisserie chicken, skin off, pulled
 - ½ cup Greek yogurt + 2 spoonfuls mayo
 - Celery, chopped · red grapes, halved
 - Squeeze of lemon, salt, pepper
1. Pull the chicken while it's warm — it's easier.
 2. Stir everything together. Taste. A little more lemon is usually the answer.
 3. Fridge in a lidded bowl — it's dinner twice this week and lunch whenever.

YOUR PORTION: Wrap night: a big scoop folded into one mini naan. Plate night: a big scoop + fruit + a few crackers.

■ MEAL · FRIDAY

Turkey Burgers + Big Salad

ONE PAN · 20 MINUTES

- 1 lb 93/7 ground turkey
 - 1 egg · 2 spoonfuls oats
 - Garlic powder, salt, pepper
 - Buns optional · salad kit
1. Mix, shape 3 patties, don't overwork them.
 2. Medium pan, 5 minutes a side until cooked through.
 3. Cheese slice if you like. Extra patty → fridge for lunch.

YOUR PORTION: Your plate: 1 burger (bun if you want it) + the whole salad bowl.

■ 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 4 — Stronger Than You Think

Easy bike 20 minutes (you can chat) → the list → balance moves. A little heavier, a little taller box on step-ups. The weights that scared you in month 1 are your warm-up now.

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 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
3 <u>Chest press on the incline bench</u> ▶ Bench tilted up a little · press up and slightly back	Upper chest	The chest press machine, light
4 <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)
5 <u>Standing calf raise</u> ▶ Fingertips on the rail · up on your toes · lower slow	Your calves	Seated version, weights on your knees
6 <u>Farmer carry, two dumbbells</u> ▶ 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.

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 4 — Stronger Than You Think

EXERCISE (TAP THE NAME FOR A VIDEO)	IT SHOULD FEEL LIKE	IF IT HURTS, DO THIS INSTEAD
1 <u>Goblet squat to a bench</u> ▶ Hold one dumbbell at your chest · sit back until you touch the bench · stand tall	Thighs and seat	Higher bench, or no weight
2 <u>One-arm dumbbell row</u> ▶ One hand on the bench · pull the weight to your hip · no twisting	The middle of your back	The cable row, light
3 <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
4 <u>Step-ups onto a low box</u> ▶ 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 <u>Face pull (cable or band)</u> ▶ Pull toward your forehead · elbows high · squeeze	The back of your shoulders	Pull a band apart at chest height
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: **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.