$$L_t(\boldsymbol{u}) \overbrace{\geq}^{\text{convexity}} L_t(\boldsymbol{w}_t) + (\boldsymbol{u} - \boldsymbol{w}_t) \cdot \underbrace{\nabla_{\boldsymbol{w}} L_t(\boldsymbol{w}_t)}_{\text{update}}$$

$$= L_t(\boldsymbol{w}_t) - \frac{1}{\eta} \underbrace{(\boldsymbol{u} - \boldsymbol{w}_t) \cdot (f(\boldsymbol{w}_{t+1}) - f(\boldsymbol{w}_t))}_{\text{prop. 7 of } \Delta_F}$$

$$= L_t(\boldsymbol{w}_t) + \frac{1}{\eta} (\Delta_F(\boldsymbol{u}, \boldsymbol{w}_{t+1}) - \Delta_F(\boldsymbol{u}, \boldsymbol{w}_t) - \Delta_F(\boldsymbol{w}_t, \boldsymbol{w}_{t+1}))$$