$$\leq (X^T \beta)^2$$

$$\sum_{i} (x_{i} \hat{\beta})^{2} = \sum_{i} \hat{\beta}^{T} x_{i} x_{i}^{T} \hat{\beta}$$

$$= \hat{\beta}^{T} \sum_{i} x_{i} x_{i}^{T} \hat{\beta} = \hat{\beta}^{T} (x_{i}^{T} x_{i}^{T})^{T} \hat{\beta}$$

$$= (XX)^{T} \hat{\beta}$$

$$(Y-X\beta)^{T}(Y-X\beta)$$