

Your free Cheap healthy meal plan on a budget

A full week of simple, balanced meals. No calorie counting, no weighing, no logging. Everything here uses ordinary supermarket ingredients.

DAY	BREAKFAST	LUNCH	DINNER	SNACK
Monday	Oatmeal with egg, yogurt and berries	Rice, tinned beans and vegetables	Egg, potato, vegetables and cottage cheese	Banana with almonds
Tuesday	Apple cinnamon oats with yogurt	Bean and egg rice bowl	Vegetable egg fried rice	Banana with peanut butter
Wednesday	Savory oats with eggs and vegetables	Rice and bean vegetable salad	Bean and egg vegetable stew with potato	Banana with walnuts
Thursday	Overnight oats with banana and yogurt	Egg, bean and vegetable rice skillet	Baked potato with beans, egg and vegetables	Banana with almonds
Friday	Berry protein oats with egg	Warm rice, beans and vegetables	Egg and bean vegetable bake with rice	Banana with pumpkin seeds
Saturday	Vegetable omelet with oats	Rice and three-bean vegetable bowl	Egg and vegetable rice casserole	Banana with peanut butter
Sunday	Oats with apple, yogurt and seeds	Egg and bean rice bowl with vegetables	Bean-stuffed potato with eggs and vegetables	Banana with almonds

How to actually use this. Do not try to follow it perfectly. Pick the four or five meals that appeal, shop for those, and repeat whatever you liked next week. Ingredients repeat across the week on purpose, so one shop covers everything and nothing wilts at the back of the fridge.

General wellness information only, not medical or dietary advice. If you have a health condition, food allergies or specific dietary needs, please speak to a qualified healthcare professional.

The grocery list for that week

Grouped by aisle so you walk the shop once. Tick off anything you already have before you go.

FREEZER

- ☐ Frozen vegetables, 3 kg
- ☐ Frozen berries, 130 g

DAIRY AND EGGS

- ☐ Egg, 1.1 kg
- ☐ Greek yogurt, 850 g
- ☐ Cottage cheese, 250 g

ANYTHING ELSE

- ☐ Chives, 5 g

FRUIT AND VEGETABLES

- ☐ Tinned beans, 1.6 kg
- ☐ Banana, 950 g
- ☐ Potato, 800 g
- ☐ Apple, 250 g
- ☐ Peanut butter, 40 g
- ☐ Tomato passata, 25 g
- ☐ Lemon juice, 20 g
- ☐ Lime juice, 9 g
- ☐ Herbs, 9 g

CUPBOARD

- ☐ Rice, 1.4 kg
- ☐ Oats, 300 g
- ☐ Olive oil, 46 g
- ☐ Almonds, 45 g
- ☐ Paprika, 40 g
- ☐ Pumpkin seeds, 30 g
- ☐ Chia seeds, 25 g
- ☐ Soy sauce, 15 g
- ☐ Walnuts, 15 g
- ☐ Spices, 10 g
- ☐ Cinnamon, 7 g
- ☐ Sesame oil, 3 g
- ☐ Honey, 1 g

One trip, not three. Quantities are for one person for the week, so double them if you are cooking for two. Weights are what ends up on the plate, so for anything you cook from dry, such as rice, pasta or lentils, you will need noticeably less by weight in the packet.

Now plan your own week

Stick this on the fridge. Fill in whatever you already know, and leave the rest blank until you decide.

DAY	BREAKFAST	LUNCH	DINNER	SNACK
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

HOW THIS WEEK WAS BUILT

Told it to favour eggs, tinned beans, rice, frozen vegetables, oats

Told it to avoid seafood

Meals a day Breakfast, lunch, dinner and snack

FitLifeBud wrote this from those few preferences. It was not built around **your** foods, your household or your goal, which is the part the app does when you tell it about yourself.

Do not want to fill this in every Sunday? That is the job FitLifeBud does. Tell it your goal and the foods you actually like, and it writes the week and the grocery list for you, then swaps out anything you are not in the mood for. The yearly plan starts with a **7-day free trial**, and there is no calorie counting anywhere in it. **fitlifebud.com**