

Your free Clean eating meal plan

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	Berry walnut overnight oats	Chicken kale sweet potato bowl	Salmon quinoa kale plate	Almonds and apple
Tuesday	Apple cinnamon oat bowl	Chicken quinoa kale salad	Turkey sweet potato skillet	Walnuts and pear
Wednesday	Berry chia oat yogurt bowl	Chicken lentil kale bowl	Cod quinoa sweet potato dinner	Pistachios and orange
Thursday	Banana walnut porridge	Chicken sweet potato kale salad	Salmon lentil vegetable plate	Cashews and kiwi
Friday	Berry almond baked oats	Chicken quinoa roasted vegetable bowl	Turkey kale sweet potato plate	Almonds and peach
Saturday	Pear berry overnight oats	Chicken chickpea kale bowl	Cod quinoa broccoli dinner	Hazelnuts and berries
Sunday	Peach cinnamon oat bowl	Chicken lentil sweet potato bowl	Salmon quinoa kale vegetables	Pecans and apple

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.

FRUIT AND VEGETABLES

- ☐ Sweet potato, 1.4 kg
- ☐ Kale, 1.3 kg
- ☐ Broccoli, 500 g
- ☐ Mixed berries, 500 g
- ☐ Apple, 350 g
- ☐ Avocado, 300 g
- ☐ Peach, 300 g
- ☐ Pear, 200 g
- ☐ Chickpeas, 200 g
- ☐ Asparagus, 160 g
- ☐ Zucchini, 150 g
- ☐ Bell pepper, 120 g
- ☐ Cucumber, 100 g
- ☐ Carrot, 100 g
- ☐ Orange, 100 g
- ☐ Banana, 100 g
- ☐ Green beans, 100 g
- ☐ Lemon juice, 30 g

CUPBOARD

- ☐ Quinoa, 950 g
- ☐ Lentils, 500 g
- ☐ Rolled oats, 400 g
- ☐ Olive oil, 100 g
- ☐ Almonds, 80 g
- ☐ Walnuts, 70 g
- ☐ Cashews, 25 g
- ☐ Hazelnuts, 25 g
- ☐ Chia seeds, 21 g

MEAT AND FISH

- ☐ Chicken breast, 1 kg
- ☐ Salmon, 450 g
- ☐ Cod, 400 g
- ☐ Lean turkey, 350 g

ANYTHING ELSE

- ☐ Kiwi, 100 g
- ☐ Pistachios, 25 g
- ☐ Pecans, 20 g

DAIRY AND EGGS

- ☐ Plain Greek yogurt, 700 g
- ☐ Milk, 500 g
- ☐ Egg, 50 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 oats, berries, chicken, sweet potato, kale

Told it to avoid processed food

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