

Your free Family meal planner

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 yogurt and banana	Lean mince pasta with carrots	Roast chicken with potatoes and vegetables	Apple with almonds and yogurt
Tuesday	Eggs on whole-wheat toast with avocado	Chicken pasta with carrots and tomato	Mince and potato skillet with peas	Apple with cottage cheese
Wednesday	Apple cinnamon overnight oats	Mince and potato carrot bowl	Chicken pasta with vegetables	Apple with peanut butter
Thursday	Scrambled eggs with potatoes and toast	Chicken and potato carrot plate	Mince pasta bake with vegetables	Apple with Greek yogurt and almonds
Friday	Yogurt oats with apple and walnuts	Mince pasta with carrots and peas	Herb chicken with mashed potatoes	Apple with cottage cheese and honey
Saturday	Banana oat pancakes with yogurt	Chicken pasta with carrots and peas	Lean mince with roasted potatoes	Apple with almonds and yogurt
Sunday	Oats with apple, yogurt and peanut butter	Chicken potato bowl with carrots	Mince pasta with tomato and vegetables	Apple with cottage cheese

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

- ☐ Potatoes, 2 kg
- ☐ Apple, 1.6 kg
- ☐ Carrots, 1.2 kg
- ☐ Peas, 400 g
- ☐ Green beans, 200 g
- ☐ Banana, 200 g
- ☐ Courgette, 200 g
- ☐ Onion, 110 g
- ☐ Tomato, 100 g
- ☐ Avocado, 40 g
- ☐ Peanut butter, 37 g

DAIRY AND EGGS

- ☐ Greek yogurt, 1.1 kg
- ☐ Eggs, 350 g
- ☐ Cottage cheese, 300 g
- ☐ Milk, 300 g
- ☐ Cheddar cheese, 7 g

ANYTHING ELSE

- ☐ Passata, 850 g

MEAT AND FISH

- ☐ Chicken breast, 1.1 kg
- ☐ Lean beef mince, 850 g

CUPBOARD

- ☐ Whole-wheat pasta, 500 g
- ☐ Rolled oats, 300 g
- ☐ Whole-wheat bread, 140 g
- ☐ Olive oil, 70 g
- ☐ Almonds, 45 g
- ☐ Honey, 23 g
- ☐ Walnuts, 11 g
- ☐ Cinnamon, 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 mince, pasta, potatoes, carrots, chicken

Told it to avoid spicy 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