

Your free High protein 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	Greek yogurt oat berry bowl with egg	Chicken quinoa salad	Salmon lentils and broccoli	Cottage cheese with apple
Tuesday	Egg avocado toast with yogurt	Chicken lentil feta salad	Salmon potato asparagus plate	Cottage cheese with pear
Wednesday	Yogurt oat banana peanut bowl	Chicken brown rice vegetable bowl	Lentil egg sweet potato skillet	Cottage cheese with berries
Thursday	Berry walnut overnight oats	Salmon couscous salad	Chicken lentil cauliflower bowl	Cottage cheese with kiwi
Friday	Egg cottage cheese spinach toast	Chicken quinoa avocado salad	Salmon lentils green beans	Cottage cheese with orange
Saturday	Apple chia yogurt oat bowl	Chicken lentil rice bowl	Salmon potato salad	Cottage cheese with berries
Sunday	Egg yogurt oat berry bowl	Chicken lentil vegetable salad	Salmon quinoa broccoli bowl	Cottage cheese with banana

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

- ☐ Salad vegetables, 1.2 kg
- ☐ Mixed berries, 500 g
- ☐ Broccoli, 400 g
- ☐ Potato, 400 g
- ☐ Spinach, 250 g
- ☐ Cauliflower, 250 g
- ☐ Apple, 250 g
- ☐ Asparagus, 200 g
- ☐ Banana, 200 g
- ☐ Green beans, 200 g
- ☐ Sweet potato, 180 g
- ☐ Orange, 150 g
- ☐ Avocado, 120 g
- ☐ Tomato, 100 g
- ☐ Pear, 100 g
- ☐ Peanut butter, 15 g

CUPBOARD

- ☐ Lentils, 1.2 kg
- ☐ Quinoa, 350 g
- ☐ Rolled oats, 200 g
- ☐ Brown rice, 190 g
- ☐ Couscous, 130 g
- ☐ Whole-grain bread, 100 g
- ☐ Olive oil, 90 g
- ☐ Chia seeds, 20 g
- ☐ Walnuts, 18 g

MEAT AND FISH

- ☐ Chicken breast, 950 g
- ☐ Salmon, 700 g

ANYTHING ELSE

- ☐ Kiwi, 120 g

DAIRY AND EGGS

- ☐ Cottage cheese, 1.5 kg
- ☐ Greek yogurt, 1000 g
- ☐ Egg, 400 g
- ☐ Greek yogurt dressing, 50 g
- ☐ Feta cheese, 30 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 chicken, greek yoghurt, eggs, lentils, salmon

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**