

Your free Low carb 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	Eggs, avocado, feta and berries	Salmon quinoa broccoli bowl	Chicken, sweet potato and broccoli	Almonds and apple
Tuesday	Greek yogurt oat berry bowl	Salmon avocado feta salad	Egg, broccoli, potato and cheddar plate	Almonds and pear
Wednesday	Egg, mushroom, avocado and tomato plate	Chicken quinoa broccoli bowl	Salmon, cauliflower and sweet potato	Almonds and orange
Thursday	Cottage cheese berry chia bowl	Turkey avocado broccoli salad	Egg, salmon, zucchini and potato skillet	Almonds and kiwi
Friday	Egg, avocado, cheddar and tomato plate	Salmon broccoli quinoa bowl	Chicken, cauliflower and sweet potato	Almonds and banana
Saturday	Greek yogurt oat strawberry bowl	Egg, potato and broccoli feta plate	Salmon avocado zucchini quinoa bowl	Almonds and apple
Sunday	Egg, avocado, spinach, cheese and berries	Chicken broccoli quinoa feta bowl	Salmon, sweet potato and green beans	Almonds and orange

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

- ☐ Broccoli, 1.5 kg
- ☐ Sweet potato, 600 g
- ☐ Potato, 500 g
- ☐ Avocado, 400 g
- ☐ Cauliflower, 400 g
- ☐ Zucchini, 400 g
- ☐ Orange, 250 g
- ☐ Berries, 200 g
- ☐ Tomatoes, 200 g
- ☐ Green beans, 180 g
- ☐ Apple, 170 g
- ☐ Cucumber, 150 g
- ☐ Strawberries, 120 g
- ☐ Spinach, 110 g
- ☐ Pear, 110 g
- ☐ Mushrooms, 100 g
- ☐ Blueberries, 80 g
- ☐ Banana, 80 g

CUPBOARD

- ☐ Quinoa, 500 g
- ☐ Almonds, 170 g
- ☐ Oats, 60 g
- ☐ Olive oil, 35 g
- ☐ Chia seeds, 8 g

MEAT AND FISH

- ☐ Salmon, 750 g
- ☐ Chicken breast, 500 g
- ☐ Turkey breast, 130 g

ANYTHING ELSE

- ☐ Kiwi, 100 g

DAIRY AND EGGS

- ☐ Eggs, 700 g
- ☐ Greek yogurt, 600 g
- ☐ Cottage cheese, 200 g
- ☐ Feta cheese, 170 g
- ☐ Cheese, 60 g
- ☐ Cheddar cheese, 45 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, salmon, broccoli, avocado, cheese

Told it to avoid bread, pasta

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