

# Your free Meal prep plan for the week

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    | Spinach oat omelet with berries   | Chicken rice with roasted vegetables | Chicken bean vegetable bowl              | Boiled eggs with apple  |
| Tuesday   | Egg and bean breakfast bowl       | Herbed chicken rice and vegetables   | Bean-stuffed roasted vegetables with egg | Boiled eggs with orange |
| Wednesday | Vegetable egg scramble with toast | Chicken bean rice salad bowl         | Roasted chicken with rice and vegetables | Boiled eggs with pear   |
| Thursday  | Bean and egg rice breakfast       | Chicken rice stuffed peppers         | Bean and egg roasted vegetable plate     | Boiled eggs with kiwi   |
| Friday    | Chicken egg vegetable scramble    | Chicken rice roasted vegetable bowl  | Bean rice vegetable skillet              | Boiled eggs with apple  |
| Saturday  | Oat egg bowl with banana          | Chicken bean rice bowl               | Chicken with bean mash and vegetables    | Boiled eggs with orange |
| Sunday    | Roasted vegetable egg toast       | Chicken rice vegetable plate         | Bean chicken stuffed pepper              | Boiled eggs with pear   |

**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

- ☐ Beans, 1.2 kg
- ☐ Bell pepper, 300 g
- ☐ Orange, 250 g
- ☐ Tomato, 250 g
- ☐ Apple, 200 g
- ☐ Pear, 200 g
- ☐ Spinach, 190 g
- ☐ Berries, 80 g
- ☐ Banana, 80 g
- ☐ Green beans, 25 g
- ☐ Avocado, 10 g

## DAIRY AND EGGS

- ☐ Egg, 1.6 kg

## ANYTHING ELSE

- ☐ Kiwi, 80 g

## MEAT AND FISH

- ☐ Chicken breast, 1.2 kg

## CUPBOARD

- ☐ Rice, 1.2 kg
- ☐ Whole-grain toast, 170 g
- ☐ Oats, 70 g
- ☐ Olive oil, 60 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, rice, roasted vegetables, eggs, beans

**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**