

Your free Quick easy meal plan for busy weeks

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	Overnight oats with berries	Tuna vegetable wrap	Chicken rice and vegetables	Greek yoghurt with honey and almonds
Tuesday	Egg, spinach, avocado and toast	Tuna rice vegetable bowl	Turkey vegetable wrap	Greek yoghurt with berries
Wednesday	Apple cinnamon yoghurt oats	Egg, rice and vegetable bowl	Tuna hummus vegetable wrap	Yoghurt with banana
Thursday	Vegetable omelette with toast	Chicken rice and vegetables	Tuna salad wrap	Greek yoghurt with berries
Friday	Banana peanut butter yoghurt oats	Tuna rice vegetable bowl	Egg and vegetable feta wrap	Yoghurt with honey and berries
Saturday	Egg rice and vegetable skillet	Chicken vegetable wrap	Tuna rice and vegetables	Greek yoghurt with berries
Sunday	Berry chia yoghurt oats	Tuna avocado vegetable wrap	Chicken rice and vegetables	Greek yoghurt 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.

FREEZER

- ☐ Frozen mixed vegetables, 2.7 kg

MEAT AND FISH

- ☐ Tinned tuna in water, 800 g
- ☐ Chicken breast, 450 g
- ☐ Turkey breast, 130 g

CUPBOARD

- ☐ Rice, 1 kg
- ☐ Whole-wheat tortilla, 400 g
- ☐ Oats, 160 g
- ☐ Whole-grain bread, 130 g
- ☐ Olive oil, 35 g
- ☐ Chia seeds, 20 g
- ☐ Honey, 20 g
- ☐ Hummus, 20 g
- ☐ Soy sauce, 10 g
- ☐ Ground flaxseed, 8 g
- ☐ Almonds, 6 g

FRUIT AND VEGETABLES

- ☐ Mixed berries, 500 g
- ☐ Banana, 200 g
- ☐ Apple, 120 g
- ☐ Avocado, 70 g
- ☐ Spinach, 50 g
- ☐ Peanut butter, 10 g

DAIRY AND EGGS

- ☐ Greek yoghurt, 2 kg
- ☐ Eggs, 500 g
- ☐ Greek yoghurt sauce, 80 g
- ☐ Greek yoghurt dressing, 50 g
- ☐ Feta cheese, 20 g
- ☐ Reduced-fat cheese, 15 g

ANYTHING ELSE

- ☐ Light mayonnaise, 15 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 wraps, tinned tuna, frozen vegetables, eggs, rice

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**