

Your free Simple weekly 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 yoghurt oats and berries	Chicken potato salad	Chicken tomato pasta	Apple
Tuesday	Yoghurt banana oat bowl	Chicken pasta salad	Herbed chicken and potatoes	Pear
Wednesday	Berry yoghurt overnight oats	Chicken baked potato salad	Chicken vegetable pasta	Orange
Thursday	Apple cinnamon yoghurt oats	Chicken potato grain salad	Chicken tomato pasta bowl	Kiwi fruit
Friday	Banana yoghurt oat bowl	Chicken pasta garden salad	Paprika chicken potatoes	Peach
Saturday	Yoghurt berry flax bowl	Chicken potato yoghurt salad	Chicken vegetable pasta	Apple
Sunday	Pear yoghurt oat bowl	Chicken pasta salad with tomato	Lemon chicken potato plate	Grapes

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, 1.2 kg
- ☐ Apple, 500 g
- ☐ Tomato sauce, 450 g
- ☐ Green beans, 300 g
- ☐ Berries, 300 g
- ☐ Pear, 300 g
- ☐ Courgette, 250 g
- ☐ Baked potato, 200 g
- ☐ Orange, 200 g
- ☐ Peach, 200 g
- ☐ Banana, 160 g
- ☐ Spinach, 160 g
- ☐ Broccoli, 160 g
- ☐ Grapes, 150 g
- ☐ Lemon juice, 90 g
- ☐ Tomato, 80 g
- ☐ Herbs, 15 g
- ☐ Garlic, 5 g

CUPBOARD

- ☐ Whole-wheat pasta cooked, 1.4 kg
- ☐ Rolled oats, 300 g
- ☐ Olive oil, 50 g
- ☐ Chia seeds, 11 g
- ☐ Ground flaxseed, 11 g
- ☐ Walnuts, 8 g
- ☐ Cinnamon, 4 g
- ☐ Honey, 1 g

MEAT AND FISH

- ☐ Chicken breast, 1.7 kg

ANYTHING ELSE

- ☐ Kiwi, 200 g

DAIRY AND EGGS

- ☐ Greek yoghurt 2%, 1.4 kg
- ☐ Greek yoghurt dressing, 180 g
- ☐ Light yoghurt dressing, 35 g
- ☐ Parmesan, 10 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, potatoes, salad, pasta, yoghurt

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**