

Your free Vegetarian 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	Spinach paneer oats bowl	Lentil chickpea salad	Vegetable halloumi quinoa plate	Hummus with carrots
Tuesday	Chickpea spinach scramble with toast	Paneer lentil curry with rice	Chickpea halloumi roasted vegetables	Hummus with whole-grain crispbread
Wednesday	Lentil spinach yogurt bowl	Chickpea quinoa tabbouleh with paneer	Spinach paneer lentil stew	Hummus with bell pepper
Thursday	Paneer spinach whole-grain wrap	Lentil halloumi grain bowl	Chickpea paneer tomato curry	Hummus with carrot and celery
Friday	Savory chickpea paneer pancakes	Mediterranean lentil salad with halloumi	Chickpea spinach quinoa stew	Hummus with cucumber and crispbread
Saturday	Spinach lentil paneer toast	Chickpea paneer stuffed peppers	Halloumi lentil spinach bowl	Hummus with vegetables
Sunday	Quinoa paneer spinach breakfast bowl	Lentil chickpea vegetable curry	Paneer halloumi roasted vegetable plate	Hummus with carrot sticks

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

- ☐ Tomato, 1.6 kg
- ☐ Spinach, 1 kg
- ☐ Chickpeas, 650 g
- ☐ Cucumber, 650 g
- ☐ Bell pepper, 600 g
- ☐ Carrot, 600 g
- ☐ Courgette, 350 g
- ☐ Lemon juice, 250 g
- ☐ Aubergine, 250 g
- ☐ Onion, 200 g
- ☐ Cauliflower rice, 150 g
- ☐ Chickpea flour, 100 g
- ☐ Celery, 60 g
- ☐ Parsley, 40 g
- ☐ Mint, 10 g
- ☐ Garlic, 3 g

CUPBOARD

- ☐ Lentils, 1.3 kg
- ☐ Quinoa, 550 g
- ☐ Hummus, 500 g
- ☐ Brown rice, 350 g
- ☐ Whole-grain bread, 130 g
- ☐ Olive oil, 80 g
- ☐ Whole-grain tortilla, 60 g
- ☐ Whole-grain crispbread, 60 g
- ☐ Rolled oats, 45 g
- ☐ Paprika, 6 g

DAIRY AND EGGS

- ☐ Low-fat paneer, 850 g
- ☐ Plain yogurt, 500 g
- ☐ Halloumi, 350 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 chickpeas, paneer, spinach, halloumi, lentils

Told it to avoid meat, fish

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