

PRINTABLEPLATE

Free Meal Plan PDF Download

A free 7-day healthy meal plan — instant download

PRINTABLE AND DOWNLOADABLE PLANS | 7 DAYS

Professionally designed printable PDF • Instant download •
Includes daily menus, grocery lists & nutrition guide

Plan Overview .

Our free 7-day starter meal plan gives you a taste of the PrintablePlate approach to healthy eating. Includes 7 days of balanced meals, a grocery list, and basic nutrition tips — completely free, instant download.

DURATION**7 days****TARGET GOAL****General healthy eating, free starter plan****DAILY CALORIES****1,700 – 1,900****DIET TYPE****Printable and Downloadable Plans**

WHAT'S INSIDE THIS PLAN

- ✓ Complete daily meal schedule — breakfast, lunch, dinner & snacks
- ✓ Printable grocery shopping list for each week
- ✓ Calorie and macronutrient summary for every day
- ✓ Practical meal prep tips and time-saving guidance
- ✓ Bonus wellness advice tailored to your goal

Your Daily Meal Plan .

Day 1

~1,710 cal

Day 2

~1,710 cal

Day 3

~1,710 cal

Day 4

~1,710 cal

Day 5

~1,710 cal

Day 6

~1,710 cal

Day 7

~1,710 cal

Grocery List .

Check items off as you shop. Quantities are based on one person for the full plan duration.

PROTEINS

- Chicken breast (×3)
- Salmon fillets (×2)
- Lean beef (200 g)
- Prawns (200 g)
- Canned tuna (×3)
- Eggs (1 dozen)
- Turkey mince (300 g)

GRAINS AND PULSES

- Quinoa (500 g)
- Brown rice (300 g)
- Rolled oats (400 g)
- Wholegrain bread
- Red lentils (300 g)
- Chickpeas (×1 tin)
- Black beans (×1 tin)

FRUITS

- Mixed berries (300 g)
- Banana (×3)
- Apple (×3)
- Kiwi (×2)
- Mango (×1)
- Medjool dates (×6)

DAIRY AND ALTERNATIVES

- Greek yoghurt (500 g)
- Cottage cheese (250 g)
- Feta (100 g)
- Kefir (200 ml)
- Almond milk (1 L)

VEGETABLES

- Spinach (300 g)
- Broccoli (×2)
- Sweet potato (×3)
- Courgette (×2)
- Bell peppers (×4)
- Cherry tomatoes (300 g)
- Cucumber (×2)
- Avocado (×3)
- Asparagus (1 bunch)

PANTRY

- Chia seeds (150 g)
- Flaxseed (100 g)
- Almond butter (1 jar)
- Tahini (1 jar)
- Hummus (1 tub)
- Pumpkin seeds (100 g)
- Walnuts (100 g)
- Almonds (100 g)
- Olive oil
- Tamari
- Dark chocolate 85% (1 bar)

HERBS AND SPICES

Turmeric

Cumin

Cinnamon

Chilli flakes

Garlic (1 bulb)

Ginger (fresh)

Lemon (×3)

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Adjust quantities based on household size and personal preferences.

Grocery List

Nutrition Summary .

Average daily nutritional targets for this plan. Individual needs vary.

| Nutrient | Daily Target |
|------------------------|--------------------|
| Average Daily Calories | 1,700 – 1,900 kcal |
| Protein | 90 – 120 g |
| Total Carbohydrates | 140 – 180 g |
| Dietary Fibre | 25 – 35 g |
| Total Fat | 50 – 65 g |
| Saturated Fat | < 15 g |
| Sugar (natural) | 25 – 40 g |
| Sodium | < 1,500 mg |
| Glycaemic Load | Low to Medium |

Benefits of This Plan .

- ✓ Provides complete, balanced nutrition tailored to Free Meal Plan PDF Download goals
 - ✓ All meals are whole-food, minimally processed for maximum micronutrient density
 - ✓ High dietary fibre supports digestive health and sustained satiety
 - ✓ Adequate protein intake preserves lean muscle mass
 - ✓ Anti-inflammatory ingredients reduce systemic oxidative stress
 - ✓ Low-glycaemic carbohydrate choices support stable blood sugar throughout the day
 - ✓ Ready-to-print format makes daily meal planning effortless
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Meal Prep & Wellness Tips .

- ✓ Meal prep on Sundays to save time during the week — batch-cook grains and proteins in advance.
 - ✓ Drink at least 2 litres of water daily alongside this plan.
 - ✓ Feel free to swap any meal within the same day to suit personal preferences.
 - ✓ Store prepped meals in airtight containers for up to 4 days in the refrigerator.
 - ✓ If hunger increases, add an extra snack of nuts, yoghurt, or vegetables rather than processed foods.
 - ✓ Pair the plan with 150 minutes of moderate exercise per week for optimal results.
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Important Notice & Disclaimer

This meal plan is for informational purposes only and does not constitute medical advice. Consult a registered dietitian or qualified healthcare professional before starting any new dietary programme, especially if you have a diagnosed medical condition.

The information provided in this meal plan is for general educational and informational purposes only and does not constitute medical or nutritional advice. Always consult a qualified healthcare professional or registered dietitian before beginning any new dietary programme, especially if you have a medical condition, are pregnant, breastfeeding, or taking prescription medications.

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