



FRANKLYN_NEZ FITNESS



FREE DOWNLOAD · PLAN 04

FREE HEALTHY EATING PLAN

A simple seven-day meal guide, shopping list and practical habits.
Built for normal routines, familiar food and flexible portions.

DURATION

7 DAYS

LEVEL

SIMPLE

FORMAT

PRINTABLE PDF

FOCUS

MEAL ROUTINE

FREE DOWNLOAD · \$0.00

Printable guide by FRANKLYN_NEZ FITNESS · Train with intention.

franklyn-nez.fitness

START HERE

KEEP IT PRACTICAL

This is a simple, general meal-planning guide for adults who want more structure around food. It is not a prescription, detox or rapid-weight-loss plan. Use the meals as ideas, swap foods you do not enjoy, and keep portions comfortable for your own hunger, activity and needs.

The easy plate

- Half the plate: vegetables or fruit where practical.
- One quarter: a protein food such as eggs, chicken, fish, beans, tofu, yoghurt or lentils.
- One quarter: a filling carbohydrate such as potatoes, rice, oats, pasta, wraps or bread.
- Add flavour: olive oil, nuts, avocado, herbs, spices, sauce or cheese in an amount that suits you.
- Drink: water, tea, coffee or another unsweetened drink most of the time.

A GENTLE GOAL

- Aim to eat regular meals, include protein and fruit or vegetables most days, and make one small repeatable change at a time.
- If weight loss is your goal, look for a pattern you can sustain rather than cutting out entire food groups or skipping meals.
- You do not need to make every meal perfect. A consistent week is more useful than a perfect day.

USE THIS AS A TEMPLATE

YOUR SIMPLE DAY

Choose one option from each meal line. Repeat meals you enjoy. The amounts are flexible: serve yourself enough to feel comfortably satisfied, eat slowly where you can, and adjust on more active days.

Breakfast ideas

- Porridge with milk or yoghurt, berries and a spoon of peanut butter.
- Eggs on wholegrain toast with tomatoes or spinach.
- Greek yoghurt, fruit, oats and nuts or seeds.

Lunch ideas

- Chicken, tofu or bean wrap with salad and a piece of fruit.
- Leftover rice, vegetables and a protein food in a bowl.
- Soup with beans or chicken, wholegrain bread and a yoghurt.

Dinner ideas

- Chicken, fish, tofu or lentils with potatoes or rice and two vegetables.
- Pasta with lean mince, lentils or beans, tomato sauce and a side salad.
- Stir-fry with frozen vegetables, a protein food and noodles or rice.

Simple snacks, if hungry

- Fruit with yoghurt, a small handful of nuts, boiled eggs, hummus and carrots, or toast with peanut butter.
- Keep snacks simple. They are there to help you bridge meals, not to make up for a skipped one.

REPEAT WHAT WORKS

SEVEN-DAY MEAL GUIDE

DAY 1

- Breakfast: Porridge + berries
- Lunch: Chicken or chickpea wrap + fruit
- Dinner: Salmon or tofu, potatoes and greens
- Snack if needed: fruit, yoghurt, nuts, eggs or vegetables with hummus.

DAY 2

- Breakfast: Eggs on toast + tomatoes
- Lunch: Leftover rice bowl
- Dinner: Turkey or lentil chilli with rice
- Snack if needed: fruit, yoghurt, nuts, eggs or vegetables with hummus.

DAY 3

- Breakfast: Yoghurt, oats + banana
- Lunch: Soup + bread + yoghurt
- Dinner: Chicken or bean stir-fry with noodles
- Snack if needed: fruit, yoghurt, nuts, eggs or vegetables with hummus.

DAY 4

- Breakfast: Porridge + peanut butter
- Lunch: Tuna, bean or tofu jacket potato
- Dinner: Pasta with mince or lentils + salad
- Snack if needed: fruit, yoghurt, nuts, eggs or vegetables with hummus.

DAY 5

- Breakfast: Eggs on toast + fruit
- Lunch: Chicken, tofu or bean salad bowl
- Dinner: Fajita bowl with rice, peppers and beans
- Snack if needed: fruit, yoghurt, nuts, eggs or vegetables with hummus.

DAY 6

- Breakfast: Yoghurt, fruit + nuts
- Lunch: Leftovers or a wrap
- Dinner: Homemade burger or bean burger, potatoes and salad
- Snack if needed: fruit, yoghurt, nuts, eggs or vegetables with hummus.

DAY 7

- Breakfast: Porridge + fruit
- Lunch: Soup, sandwich or leftovers
- Dinner: Roast chicken, tofu or lentils with vegetables
- Snack if needed: fruit, yoghurt, nuts, eggs or vegetables with hummus.

MAKE WEEKDAYS EASIER

SHOPPING AND PREPARATION

Simple shopping list

- Protein: eggs, chicken, tinned fish, Greek yoghurt, beans, lentils, tofu or lean mince.
- Carbohydrates: oats, potatoes, rice, pasta, wraps, bread and noodles.
- Fruit and vegetables: buy a mix of fresh and frozen options you actually like.
- Extras: olive oil, herbs, spices, tomato sauce, nuts, seeds, hummus and peanut butter.

Twenty-minute preparation

- Cook a tray of vegetables and a pot of rice, potatoes or pasta for the next two to three days.
- Prepare one protein food in bulk, or keep quick options such as eggs, tinned fish, yoghurt, beans and tofu at home.
- Wash fruit and keep it visible. Keep a water bottle where you work or train.
- Choose tomorrow's breakfast before you go to bed. One decision removed is one routine made easier.

IF YOU EAT OUT

- Choose a meal with protein and vegetables where possible, enjoy it, and return to your normal routine at the next meal.
- One restaurant meal does not undo a week. Avoid the all-or-nothing response.

KEEP THE LONG VIEW

HABITS AND SAFETY

- Eat at roughly similar times most days if that helps you feel organised.
- Build a water habit around existing routines: after waking, with meals and around training.
- Sleep, stress and busy weeks all affect appetite. Plan for flexibility instead of trying to force perfection.
- If you notice persistent fatigue, dizziness, pain, bingeing, severe restriction or worry around food, pause and speak to a qualified healthcare professional.

IMPORTANT

- This is general nutrition education only. It is not medical advice or a personalised weight-loss plan.
- For pregnancy, eating-disorder history, diabetes, food allergies, medication, medical conditions or individual calorie targets, speak to a registered dietitian or doctor before changing your diet.
- No specific weight, body-composition or health outcome is promised by this guide.

READ BEFORE YOU TRAIN

HEALTH & SAFETY

- This guide is general fitness education, not medical advice, diagnosis or treatment. It is not personalised to your health history.
- Speak with a qualified doctor or physiotherapist before starting, especially if you are pregnant, recovering from injury or illness, managing a heart, joint or metabolic condition, or taking medication that affects exercise tolerance.
- Stop immediately and seek qualified medical guidance if you feel chest pain, dizziness, faintness, unusual breathlessness or sharp joint pain.
- Results vary between individuals and depend on factors outside any programme's control — sleep, nutrition, stress, genetics, training history and consistency. No specific physical outcome, body composition change or timescale is promised here.
- Use loads you can control with good technique. Progress gradually. If an exercise does not suit your body, substitute a comparable movement or ask a qualified coach.
- By using this guide you accept that you train at your own risk and take responsibility for your own safety.

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