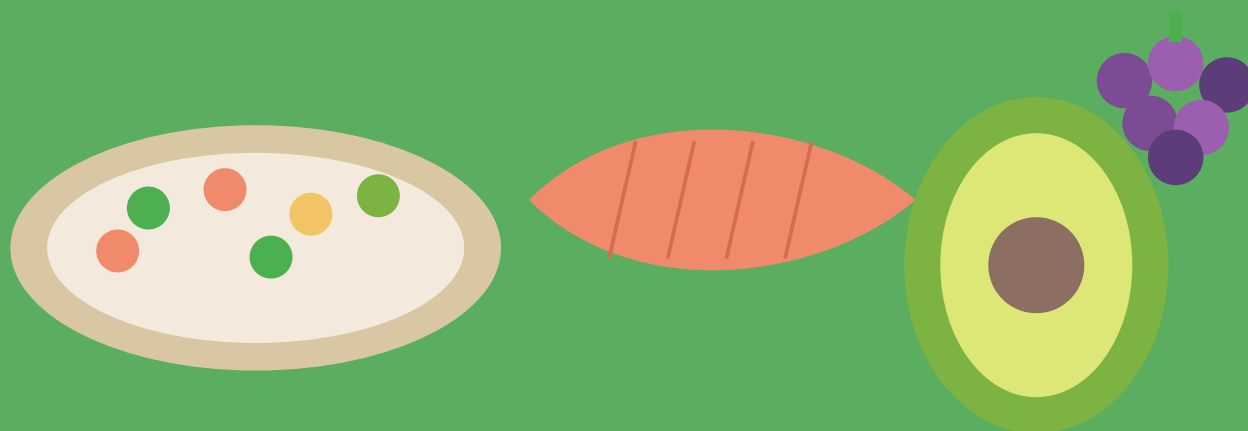




7-Day Balanced Meal Plan

+ Printable Grocery List

Simple, realistic meals with no extreme restriction.
Includes a printable shopping list so your week is planned in minutes.

Welcome

Hi — we're glad you're here. Before you dive in, we want to be upfront about what this guide is, and just as importantly, what it isn't.

- ✓ This isn't a diet — it's a flexible starting point.
- ✓ No calorie counting required.
- ✓ No foods are off-limits.
- ✓ No guilt if a day doesn't go to plan.
- ✓ Small, consistent habits matter more than perfect weeks.
- ✓ General educational information only — not medical advice.

//

You don't need a perfect plan. You need one that fits the life you actually have.

Why Balanced Eating Works

Six simple building blocks show up again and again in the research on sustainable, realistic eating. Here's the short version of each.



Protein

Helps you feel full longer and supports muscle maintenance.



Healthy Fats

Supports hormones and helps you absorb key nutrients.



Fiber

Feeds gut bacteria and supports steady energy.



Whole Grains

A steadier energy source than refined carbs.



Hydration

Often mistaken for hunger — water matters.



Color on the Plate

More plant variety usually means more nutrients.

How to Use This Guide

1

Shop once

One trip using the grocery list on pages 14–15.

2

Prep ingredients

A short Sunday session covers most of the week (page 13).

3

Cook quickly

Most dinners take 25–30 minutes, start to finish.

4

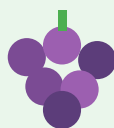
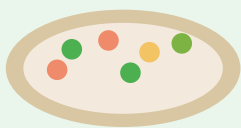
Enjoy the week

Follow the daily pages — swap anything that doesn't fit.

5

Repeat favorites

Loved a day? Reuse it next week instead of planning from scratch.



7-DAY PLAN • MONDAY

Day 1



BREAKFAST

Greek yogurt with berries and oats

Prep: 5 min



MORNING SNACK

A handful of mixed nuts

Prep: 0 min



LUNCH

Turkey wrap with vegetables

Prep: 10 min



AFTERNOON SNACK

Apple slices with peanut butter

Prep: 3 min



DINNER

Baked salmon with roasted vegetables

Prep: 30 min



Hydration reminder: drink a glass of water before each meal.

PROTEIN SOURCE

Salmon

VEGETARIAN SWAP

Swap salmon for baked tofu

BUDGET-FRIENDLY SWAP

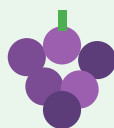
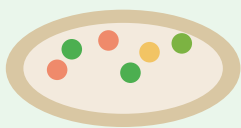
Use frozen mixed vegetables instead of fresh

SHOPPING TIP

Buy nuts in bulk bins to save money

QUICK NUTRITION TIP

Salmon is a great source of omega-3 fats.



7-DAY PLAN • TUESDAY

Day 2



BREAKFAST

Veggie omelet with whole-grain toast

Prep: 12 min



MORNING SNACK

Greek yogurt with honey

Prep: 2 min



LUNCH

Quinoa bowl with chickpeas and greens

Prep: 15 min



AFTERNOON SNACK

Carrot sticks with hummus

Prep: 3 min



DINNER

Grilled chicken, sweet potato, green beans

Prep: 30 min



Hydration reminder: drink a glass of water before each meal.

PROTEIN SOURCE

Chicken breast

VEGETARIAN SWAP

Swap chicken for baked tofu

BUDGET-FRIENDLY SWAP

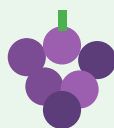
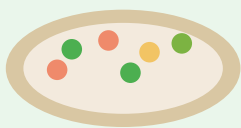
Canned chickpeas cost less than dried, no soaking needed

SHOPPING TIP

Check the reduced-price rack for near-date produce

QUICK NUTRITION TIP

Sweet potatoes are rich in fiber and vitamin A.



7-DAY PLAN • WEDNESDAY

Day 3



BREAKFAST

Overnight oats with chia and banana

Prep: 5 min (prep the night before)



MORNING SNACK

Boiled eggs

Prep: 10 min



LUNCH

Lentil soup with a slice of whole-grain bread

Prep: 20 min



AFTERNOON SNACK

Mixed berries

Prep: 0 min



DINNER

Shrimp stir-fry with brown rice

Prep: 25 min



Hydration reminder: drink a glass of water before each meal.

PROTEIN SOURCE

Lentils

VEGETARIAN SWAP

Already vegetarian — no swap needed

BUDGET-FRIENDLY SWAP

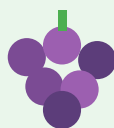
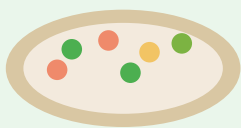
Dried lentils are one of the cheapest proteins available

SHOPPING TIP

Buy rice and lentils in bulk to cut cost per serving

QUICK NUTRITION TIP

Lentils are a fiber and plant-protein powerhouse.



7-DAY PLAN • THURSDAY

Day 4



BREAKFAST

Smoothie: spinach, banana, milk, protein

Prep: 5 min



MORNING SNACK

Cheese stick

Prep: 0 min



LUNCH

Tuna salad on whole-grain crackers

Prep: 10 min



AFTERNOON SNACK

Banana

Prep: 0 min



DINNER

Baked cod, roasted vegetables, wild rice

Prep: 30 min



Hydration reminder: drink a glass of water before each meal.

PROTEIN SOURCE

Tuna / cod

VEGETARIAN SWAP

Swap tuna for white beans

BUDGET-FRIENDLY SWAP

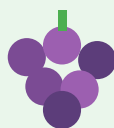
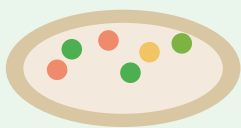
Canned tuna is a budget-friendly protein source

SHOPPING TIP

Frozen fish fillets are often cheaper than fresh

QUICK NUTRITION TIP

Bananas are a convenient source of potassium.



7-DAY PLAN • FRIDAY

Day 5



BREAKFAST

Whole-grain pancakes with fresh fruit

Prep: 15 min



MORNING SNACK

Dark chocolate square + almonds

Prep: 0 min



LUNCH

Chickpea & veggie bowl with tahini dressing

Prep: 12 min



AFTERNOON SNACK

Cottage cheese with pineapple

Prep: 2 min



DINNER

Lean beef stir-fry with peppers and rice

Prep: 25 min



Hydration reminder: drink a glass of water before each meal.

PROTEIN SOURCE

Lean beef

VEGETARIAN SWAP

Swap beef for tempeh

BUDGET-FRIENDLY SWAP

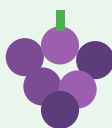
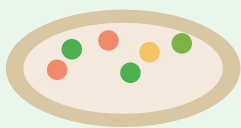
Buy peppers when in season for the best price

SHOPPING TIP

Stir-fry is a great way to use up odds-and-ends vegetables

QUICK NUTRITION TIP

Tahini adds healthy fats and a nutty flavor.



7-DAY PLAN • SATURDAY

Day 6



BREAKFAST

Whole-grain toast with avocado and egg

Prep: 8 min



MORNING SNACK

Fresh berries with a little yogurt

Prep: 2 min



LUNCH

Grilled chicken pita with cucumber-yogurt sauce

Prep: 15 min



AFTERNOON SNACK

Air-popped popcorn

Prep: 5 min



DINNER

Homemade pizza on whole-grain base with veggies

Prep: 25 min



Hydration reminder: drink a glass of water before each meal.

PROTEIN SOURCE

Chicken / mozzarella

VEGETARIAN SWAP

Swap chicken for falafel

BUDGET-FRIENDLY SWAP

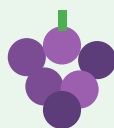
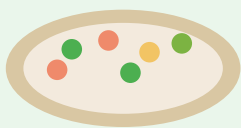
Popcorn kernels are a cheap, filling snack base

SHOPPING TIP

Make pizza night a way to use up leftover vegetables

QUICK NUTRITION TIP

Avocado provides fiber and heart-healthy fats.



7-DAY PLAN • SUNDAY

Day 7



BREAKFAST

Family-style veggie scramble

Prep: 15 min



MORNING SNACK

Mixed nuts and dried fruit

Prep: 0 min



LUNCH

Quinoa salad with feta, olives, vegetables

Prep: 15 min



AFTERNOON SNACK

Sliced cucumber with hummus

Prep: 3 min



DINNER

Roast chicken, baked potato, mixed salad

Prep: 45 min



Hydration reminder: drink a glass of water before each meal.

PROTEIN SOURCE

Chicken / feta

VEGETARIAN SWAP

Swap chicken for roasted chickpeas

BUDGET-FRIENDLY SWAP

A whole roast chicken can stretch across multiple meals

SHOPPING TIP

Save the carcass for homemade stock

QUICK NUTRITION TIP

A rest day to cook something a little more special.

Healthy Snack Guide



Apple + peanut butter

Prep 3 min • Peanut butter



Greek yogurt

Prep 0 min • Greek yogurt



Mixed nuts

Prep 0 min • Almonds/walnuts



Carrots + hummus

Prep 3 min • Hummus



Boiled eggs

Prep 10 min • Eggs



Banana

Prep 0 min • —



Dark chocolate square

Prep 0 min • —



Cheese sticks

Prep 0 min • Cheese



Fresh berries

Prep 0 min • —



Roasted chickpeas

Prep 20 min • Chickpeas



Edamame

Prep 5 min • Edamame



Cottage cheese + fruit

Prep 2 min • Cottage cheese



Trail mix

Prep 0 min • Nuts



Rice cakes + almond butter

Prep 2 min • Almond butter



Air-popped popcorn

Prep 5 min • —

SAVE TIME

Meal Prep Sunday

Spend 60-90 minutes once a week preparing a few staples — most of your week is already halfway done.

- Chicken
- Rice
- Roasted vegetables
- Boiled eggs
- Fruit portions
- Overnight oats
- Sauces & dressings

Storage tip

Glass containers keep proteins and grains fresh for 3-4 days in the fridge; label and freeze anything you won't eat within that window.

Printable Grocery List

Vegetables

- ☐ Spinach
- ☐ Bell peppers
- ☐ Broccoli
- ☐ Carrots
- ☐ Cucumber
- ☐ Sweet potato
- ☐ Zucchini
- ☐ Mixed greens

Protein

- ☐ Chicken breast
- ☐ Salmon
- ☐ Cod
- ☐ Shrimp
- ☐ Lean beef
- ☐ Eggs
- ☐ Tofu
- ☐ Lentils/chickpeas

Healthy Fats

- ☐ Olive oil
- ☐ Avocado
- ☐ Mixed nuts
- ☐ Peanut butter
- ☐ Tahini

Fruit

- ☐ Bananas
- ☐ Berries
- ☐ Apples
- ☐ Pineapple
- ☐ Oranges

Whole Grains

- ☐ Brown rice
- ☐ Wild rice
- ☐ Quinoa
- ☐ Whole-grain bread
- ☐ Rolled oats

Printable Grocery List

Dairy

- ☐ Greek yogurt
- ☐ Cottage cheese
- ☐ Milk
- ☐ Feta cheese
- ☐ Cheese sticks

Frozen Foods

- ☐ Frozen mixed vegetables
- ☐ Frozen berries
- ☐ Frozen edamame

Pantry

- ☐ Hummus
- ☐ Canned tuna
- ☐ Chia seeds
- ☐ Popcorn kernels
- ☐ Canned beans

Seasonings

- ☐ Sea salt
- ☐ Black pepper
- ☐ Garlic powder
- ☐ Paprika
- ☐ Dried herbs

Beverages

- ☐ Sparkling water
- ☐ Herbal tea
- ☐ Coffee

Healthy Food Swaps

INSTEAD OF	TRY
White bread	Whole grain bread
Sugary cereal	Oatmeal
Creamy dressing	Greek yogurt dressing
French fries	Roasted potatoes
Ice cream	Greek yogurt with berries
Soda	Sparkling water

Kitchen Staples

Keeping these on hand makes it much easier to throw together a balanced meal on a busy night.



Canned beans & lentils

A shelf-stable protein base for soups and bowls.



Rice, quinoa, oats

Versatile whole grains that keep for months.



Olive oil & nut butter

Healthy fats for cooking and quick snacks.



Frozen vegetables

Just as nutritious as fresh, and never go to waste.



Herbs & spices

The easiest way to make simple food taste great.



A reusable water bottle

Makes staying hydrated a lot more automatic.

Frequently Asked Questions

Q. Can I swap meals?

Of course — swap any meal for something similar you already enjoy. Consistency matters far more than following the plan exactly.

Q. Can vegetarians use this?

Yes. Most meals include a plant-based swap alongside the animal-protein option, listed in the notes on each daily page.

Q. Can I repeat favorite days?

Definitely. Repeating a day you loved is often easier than planning something new, and it works just as well.

Q. Can I freeze meals?

Most of these meals freeze well, especially soups, cooked grains, and roasted proteins. Portion them before freezing for easy weeknights.

TRACK YOUR WEEK

Weekly Habit Tracker

HABIT	M	T	W	T	F	S	S
Breakfast	☐	☐	☐	☐	☐	☐	☐
Lunch	☐	☐	☐	☐	☐	☐	☐
Dinner	☐	☐	☐	☐	☐	☐	☐
Water	☐	☐	☐	☐	☐	☐	☐
Walk	☐	☐	☐	☐	☐	☐	☐
Sleep	☐	☐	☐	☐	☐	☐	☐

Healthy Grocery Shopping Tips

1

Shop the perimeter first

Fresh produce, protein, and dairy usually line the outer aisles.

2

Read labels

Check ingredient lists, not just front-of-package health claims.

3

Buy frozen vegetables

Just as nutritious as fresh, and they won't go to waste.

4

Don't shop hungry

You're more likely to grab extras you didn't plan for.

5

Compare unit prices

The bigger package isn't always the better deal.

Common Beginner Mistakes



Skipping meals

Often backfires into overeating later — aim for regular, balanced meals instead.



Buying too much at once

Leads to spoiled food and wasted money — shop for what you'll realistically use.



Meal prepping for perfection

A few staples are enough — you don't need every meal prepped to the minute.



Not drinking enough water

Mild dehydration is often mistaken for hunger or fatigue.



Giving up after one off day

One imperfect day doesn't undo progress — just continue tomorrow.

KEEP GOING

30-Day Challenge

Ready to build on this week? Check off a box for every day you eat at least one balanced, home-made meal — no perfection required.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

Reward milestone

Pick a non-food reward for day 30 — new workout gear, a book, or a relaxing evening off.

Resources

A few well-known apps that can support the habits in this guide. We only note generally known, verifiable features — check each app's current listing for full details.



Google Fit

Tracks steps, workouts, and activity, and syncs with many fitness devices.



Apple Health

A central hub for step count, sleep, and workout data on iPhone.



Cronometer

Lets you log meals and see a detailed nutrient breakdown.



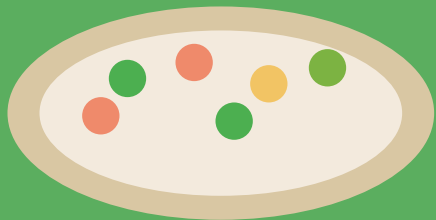
MyFitnessPal

A large food database for logging meals and tracking habits.



WaterMinder

Sends reminders to help you track daily water intake.



Healthy habits aren't built in one perfect week.

They're built by starting again next Monday.

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This guide is general information for healthy adults and is not medical advice. Please consult a doctor or registered dietitian before starting any new diet, especially if you are pregnant, nursing, taking medication, or managing a health condition.

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