

7-Day Meal Plan & Shopping List

From the 30-day guide Food, Hair & Everyday Health

The menu targets roughly 1,800–2,200 kcal and 100–130 g of protein. If you eat less or more, change the portions of carbs and fats and keep the protein.

Day	Breakfast	Lunch	Dinner	Snack
Mon	Oatmeal with milk (60 g dry oats), banana, 20 g almonds	Rice 180 g cooked, chicken breast 150 g, big salad with olive oil	3-egg omelet, vegetables, toast	Cottage cheese 150 g with berries
Tue	3 scrambled eggs, tomato, whole-grain toast	Lentil soup, bread, kefir or milk	Baked salmon 150 g, potatoes, broccoli	Apple, small handful of nuts
Wed	Cottage cheese bake 200 g, berries	Rice 160 g, turkey 150 g, vegetables	Salad with tuna, egg and white beans	Greek yogurt
Thu	Buckwheat or oat porridge with milk, 1 egg	Whole-wheat pasta, beef mince in tomato sauce, salad	Baked chicken thighs, vegetables	Kefir or milk, banana
Fri	Cottage cheese pancakes x3, 1 tbsp sour cream	Bean chili, bread, 1 boiled egg	White fish 200 g, cauliflower, couscous	Hummus with carrots
Sat	Oatmeal with yogurt and fruit	Chicken pilaf, salad	Vegetable stew with chickpeas and an egg	Nuts, dried fruit
Sun	Egg or cottage cheese pancakes, berries	Roast chicken 180 g, potatoes, vegetables	Light vegetable soup, egg or fish	Plain yogurt

Easy swaps: chicken for turkey or fish, rice for potatoes or buckwheat, cottage cheese for Greek yogurt, meat for chickpeas or tofu.

Weekly shopping list

For one person. Shop every 3–4 days and top up fresh vegetables and herbs.

Category	What to buy
Protein	Eggs (20), chicken breast or thighs 1 kg, fish (salmon and white fish) 600 g, cottage cheese 600 g, beef mince 300 g, Greek yogurt, milk or kefir 1 L
Grains and bread	Rolled oats, buckwheat or rice, whole-wheat pasta, lentils or chickpeas, whole-grain bread
Vegetables	Tomatoes, cucumbers, cabbage, carrots, broccoli or cauliflower, onions, herbs, frozen vegetable mix
Fruit and berries	Apples, bananas, pears, frozen berries
Fats	Olive oil, nuts, pumpkin seeds
Other	Tomato paste, spices, tea, coffee without sugar, iodized salt

Saving money: frozen vegetables and berries are as nutritious as fresh and cost less. Grains and beans are the cheapest fiber and protein.

Educational content, not medical advice. If you have a medical condition, are pregnant or take medication, check your diet with a doctor.