# 7-day meal plan

Clinic / dietitian: _____ (add your name or logo here)

Client: _____ Week of: _____ Daily target: _____ kcal / _____ g protein

| Meal | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|---|
| Early morning | | | | | | | |
| Breakfast | | | | | | | |
| Mid-morning | | | | | | | |
| Lunch | | | | | | | |
| Evening snack | | | | | | | |
| Dinner | | | | | | | |
| Bedtime | | | | | | | |

Free template from mealplan.fit

# Example: a filled-in week

EXAMPLE ONLY — a sample vegetarian week to show the format, not a prescription.

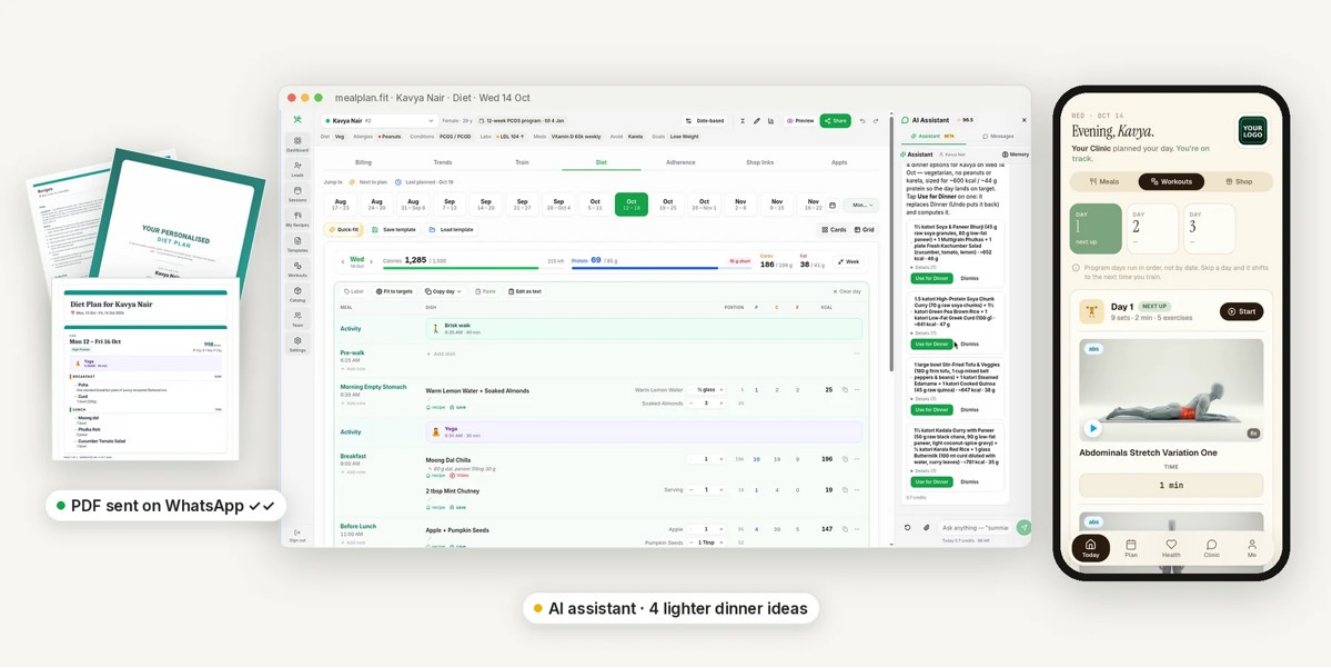
| Meal | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|---|
| Early morning | Methi water | Jeera water | Methi water | Lemon water | Methi water | Jeera water | Lemon water |
| Breakfast | 2 moong chilla + curd | Vegetable poha + curd | 2 idli + sambar | Besan chilla + chutney | Vegetable upma | 2 stuffed paratha + curd | Dalia + milk |
| Mid-morning | Guava | Apple + roasted chana | Papaya | Orange | Buttermilk | Pear | Coconut water |
| Lunch | 2 phulka, dal, sabzi, salad | Rice, rajma, salad | 2 phulka, chole, raita | Rice, sambar, sabzi | 2 phulka, palak paneer, salad | Veg pulao, raita | Rice, dal, sabzi |
| Evening snack | Tea + makhana | Sprouts chaat | Tea + roasted chana | Fruit | Tea + makhana | Corn chaat | Fruit + nuts |
| Dinner | Paneer bhurji + 1 phulka | Moong dal khichdi | Tofu stir-fry + 1 phulka | Vegetable daliya | Dal + 1 phulka + sabzi | Besan cheela + sabzi | Soup + paneer tikka |
| Bedtime | Haldi milk | — | Haldi milk | — | Haldi milk | — | Haldi milk |

FOR YOU, THE DIETITIAN · NO NEED TO PRINT THIS PAGE

# Want this with your logo, sent on WhatsApp?

Plan the whole week, copy days across, and send it with your logo on WhatsApp.

- Copy a day or a meal across the week instead of retyping it
- Your clinic name and logo on every plan PDF
- Send it to the client on WhatsApp in one tap
- Calories and macros add up as you plan; the AI assistant suggests swaps and you approve
- Clients, plans, follow-ups and payments in one place




## See it at mealplan.fit

Scan the code or open mealplan.fit to book a free demo or start a 7-day trial.