A little care at the table.

Your 7-day diet & meal planner - simple food, flexible plans, room for real life.

Start with the week you actually have.

Choose meals you enjoy, check your pantry, and plan around your busiest days. Use the suggestions as inspiration and write your own choices on each daily page.

Build variety across your day.

Include fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. Let appetite, preferences, budget and your individual needs guide amounts.

Make it yours.

These are meal ideas, not a calorie prescription or weight-loss program. Swap foods for allergies and personal care needs. Nuts, milk, eggs, wheat, fish, soy and sesame may appear; check labels.

Inside your free planner

Seven daily planning pages with meal ideas and one small kitchen habit; a practical shopping worksheet; and space to reflect on what worked.

Print on US Letter at actual size, or use “fit to page” for A4. Start any week. This is a printable PDF, not an interactive form. General education only; follow your clinician or dietitian's advice when you need a personalized plan.

Monday / Begin gently

Date: _____ One small intention: _____

Breakfast | Idea: Oatmeal with berries, plain yogurt or fortified soy yogurt, and chopped walnuts.

My plan: _____

Lunch | Idea: Chickpea, cucumber and tomato pita with leafy greens.

My plan: _____

Dinner | Idea: Brown rice bowl with beans, roasted peppers and a spoon of yogurt-lemon dressing.

My plan: _____

Snack / something enjoyable | Idea: Apple slices with nut or seed butter.

My plan: _____

A small kitchen habit

Wash produce and choose one easy breakfast for tomorrow.

Drinks I will have available: _____

What felt good today? _____

Tuesday / Give lunch a little color

Date: _____ One small intention: _____

Breakfast | Idea: Whole-grain toast with egg or tofu scramble and an orange.

My plan: _____

Lunch | Idea: White bean salad with carrots, greens, olive oil and lemon; whole-grain crackers.

My plan: _____

Dinner | Idea: Whole-wheat pasta with tomato sauce, lentils and spinach.

My plan: _____

Snack / something enjoyable | Idea: Plain yogurt or fortified soy yogurt with fruit.

My plan: _____

A small kitchen habit

Keep a bag of frozen vegetables ready for quick meals.

Drinks I will have available: _____

What felt good today? _____

Wednesday / Make the pantry work

Date: _____ One small intention: _____

Breakfast | Idea: Overnight oats with milk or fortified soy milk, banana and cinnamon.

My plan: _____

Lunch | Idea: Hummus and vegetable wrap with a pear.

My plan: _____

Dinner | Idea: Baked salmon or chickpeas with a potato and steamed broccoli.

My plan: _____

Snack / something enjoyable | Idea: Pistachios or a suitable seed alternative, plus grapes.

My plan: _____

A small kitchen habit

Write down two shelf-stable foods that make dinner easier.

Drinks I will have available: _____

What felt good today? _____

Thursday / Keep it comfortably simple

Date: _____ One small intention: _____

Breakfast | Idea: Plain yogurt or fortified soy yogurt, oats and berries.

My plan: _____

Lunch | Idea: Lentil soup with whole-grain toast and a cucumber salad.

My plan: _____

Dinner | Idea: Tofu and mixed-vegetable stir-fry over brown rice.

My plan: _____

Snack / something enjoyable | Idea: Carrot sticks with hummus.

My plan: _____

A small kitchen habit

Choose a sauce or seasoning you enjoy to make familiar vegetables inviting.

Drinks I will have available: _____

What felt good today? _____

Friday / Leave room for enjoyment

Date: _____ One small intention: _____

Breakfast | Idea: Whole-grain toast with nut or seed butter, banana and milk or fortified soy milk.

My plan: _____

Lunch | Idea: Black bean and corn salad with greens and a whole-grain tortilla.

My plan: _____

Dinner | Idea: Vegetable pita pizzas with mozzarella or a suitable alternative; side salad.

My plan: _____

Snack / something enjoyable | Idea: A sweet finish: warm cinnamon apples with yogurt, or a treat you love.

My plan: _____

A small kitchen habit

Enjoy your treat without turning the day into a scorecard.

Drinks I will have available: _____

What felt good today? _____

Saturday / Try one new combination

Date: _____ One small intention: _____

Breakfast | Idea: Spinach and mushroom egg or tofu scramble, toast and fruit.

My plan: _____

Lunch | Idea: Quinoa bowl with chickpeas, cucumber, herbs and lemon.

My plan: _____

Dinner | Idea: Bean tacos with cabbage slaw, avocado and tomato salsa.

My plan: _____

Snack / something enjoyable | Idea: Pear slices with almonds or a suitable seed alternative.

My plan: _____

A small kitchen habit

Try one new herb, vegetable or food pairing; curiosity is enough.

Drinks I will have available: _____

What felt good today? _____

Sunday / Make next week easier

Date: _____ One small intention: _____

Breakfast | Idea: Oatmeal with chopped apple, cinnamon and plain yogurt or fortified soy yogurt.

My plan: _____

Lunch | Idea: Baked potato topped with beans and a crunchy side salad.

My plan: _____

Dinner | Idea: Vegetable and white bean soup with whole-grain bread.

My plan: _____

Snack / something enjoyable | Idea: Berries and yogurt, or another snack that suits you.

My plan: _____

A small kitchen habit

Check what needs using and choose three dinners for next week.

Drinks I will have available: _____

What felt good today? _____

A shopping list that fits.

Check the meal ideas you want to use. Cross off what you have; add quantities for your household.

Fruit & vegetables

Berries, bananas, apples, pears, citrus; greens, carrots, cucumber, tomatoes, peppers, broccoli, cabbage, potatoes.

Protein foods

Beans, chickpeas, lentils, hummus, eggs, tofu or salmon; nuts or suitable seeds.

Grains & everyday staples

Oats, brown rice, whole-grain bread or wraps, pasta, quinoa; olive oil, herbs, cinnamon, lemon.

Dairy / fortified alternatives

Plain yogurt, milk, mozzarella or suitable alternatives; fortified soy milk or yogurt.

My shopping budget: _____ Already in the pantry: _____

A quick meal for a busy evening: _____

A week worth noticing.

You do not need a perfect week to discover something useful.

A meal I would happily make again

An ingredient I used in a new way

Something that made cooking easier

One kind, practical change for next week

Simple swaps

Use frozen produce when it suits your week. Swap beans or tofu into a meal for variety. If nuts are unsuitable, use an alternative you tolerate; check cross-contact information. Choose quantities that satisfy your needs.

Planning reference

USDA MyPlate, Meal Planning: variety across food groups, checking your pantry, and shopping from a plan. Meal combinations and prompts in this printable are original ideas.

Read the USDA meal-planning guide