WELLMIXLIFE

EAT WELL. KEEP IT SIMPLE.

YOUR EASY

7-DAY HEALTHY MEAL PLAN

Simple meals. Smart shopping. Less stress.

1 PERSON | 21 MEALS | PRINTABLE

MEAT & FISH EDITION

A practical week of breakfasts, lunches and dinners, with one grocery list and planned leftovers to make everyday cooking easier.

Choose your meals, shop once, and use the planned leftovers to make cooking for one easier.

DESIGN PROOF • NOT YET PUBLISHED

Your week at a glance

All meals serve one person. On four evenings, cook an extra portion for lunch the following day.

MON	AM Banana cinnamon oats NOON Hummus veggie wrap PM Chicken, rice & roasted vegetables
TUE	AM Yogurt, oats & berries NOON Leftover chicken rice bowl PM Tomato lentil pasta
WED	AM Spinach scrambled eggs on toast NOON Leftover lentil pasta PM Chickpea vegetable curry
THU	AM Apple overnight oats NOON Leftover chickpea curry PM Baked potato with tuna & yogurt
FRI	AM Peanut butter banana toast NOON Egg & veggie sandwich PM Chicken veggie fajitas
SAT	AM Yogurt, banana & oats NOON Leftover fajita wraps PM Vegetable omelette & salad
SUN	AM Apple cinnamon oats NOON Chickpea cucumber wrap PM Vegetable lentil soup & toast

THE LEFTOVER SHORTCUT

Monday, Tuesday, Wednesday and Friday dinners make 2 portions. Eat one at dinner and refrigerate the other promptly for the next day's lunch.

Your weekly grocery list

These quantities cover all 7 days for 1 person. Check what you already have before buying.

FRESH & FROZEN

☐ Bananas	3
☐ Apples	2
☐ Frozen berries	100 g
☐ Bell peppers	300 g / 2 medium
☐ Zucchini	200 g / 1 small
☐ Broccoli	200 g
☐ Onions	490 g / 4-5 medium
☐ Carrots	260 g
☐ Cucumber	275 g / 1 medium
☐ Potatoes	300 g
☐ Mushrooms	125 g
☐ Spinach	165 g
☐ Salad greens	180 g
☐ Frozen mixed vegetables	450 g
☐ Lemon	1 (use half)
☐ Garlic	1 bulb (use 1 clove)

GRAINS & BREAD

☐ Rolled oats	210 g
☐ Wholegrain bread	7 slices
☐ Wholegrain wraps	6
☐ Dry rice	280 g
☐ Dry wholegrain pasta	160 g

PROTEIN & CHILLED

☐ Chicken breast	600 g
☐ Canned tuna	120 g drained
☐ Eggs	6
☐ Plain yogurt	510 g
☐ Milk	600 ml
☐ Hummus	50 g

PANTRY & CANS

☐ Dry red lentils	160 g
☐ Canned chickpeas	360 g drained / buy 2 cans
☐ Chopped tomatoes	800 g / 2 cans
☐ Coconut milk	200 ml
☐ Sweetcorn	125 g drained
☐ Peanut butter	30 g
☐ Salsa	100 g
☐ Vegetable stock	375 ml prepared
☐ Cooking oil	approx. 65 ml

SEASONINGS

☐ Cinnamon, curry, paprika	As needed
☐ Italian & fajita herbs	As needed
☐ Salt and pepper	As needed

Shopping note Quantities shown are what the recipes use. Depending on your local shops, you may need to buy full cans or larger packets. Refrigerate or freeze suitable unused ingredients safely.

Seven easy breakfasts

Short recipes, everyday ingredients and no complicated equipment.

MON / Banana cinnamon oats

1 portion · 10 min

YOU NEED 40 g oats; 200 ml milk; 1 banana; 10 g peanut butter; cinnamon.

HOW TO MAKE IT Cook oats in milk until creamy. Top with sliced banana, peanut butter and cinnamon.

TUE / Yogurt, oats & berries

1 portion · 5 min

YOU NEED 200 g yogurt; 30 g oats; 100 g frozen berries, thawed safely.

HOW TO MAKE IT Stir oats into yogurt; add the berries.

WED / Spinach scrambled eggs

1 portion · 10 min

YOU NEED 2 eggs; 40 g spinach; 2 bread slices; 5 ml oil.

HOW TO MAKE IT Wilt spinach in a pan. Add beaten eggs and cook until set. Serve with toast.

THU / Apple overnight oats

1 portion · 5 min + chill

YOU NEED 50 g oats; 200 ml milk; 1 apple; cinnamon.

HOW TO MAKE IT Mix oats and milk; refrigerate overnight. Add chopped apple and cinnamon before eating.

MORE BREAKFAST IDEAS

Smoothies for Beginners

Explore simple smoothie ideas for busy mornings.

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More easy mornings

Three more breakfasts to complete the week.

FRI / Banana peanut butter toast

1 portion · 5 min

YOU NEED 2 bread slices; 1 banana; 20 g peanut butter.

HOW TO MAKE IT Toast bread, spread with peanut butter and top with banana slices.

SAT / Yogurt, banana & oats

1 portion · 5 min

YOU NEED 200 g yogurt; 1 banana; 40 g oats.

HOW TO MAKE IT Spoon yogurt into a bowl; add oats and sliced banana.

SUN / Apple cinnamon oats

1 portion · 10 min

YOU NEED 50 g oats; 200 ml milk; 1 apple; cinnamon.

HOW TO MAKE IT Cook oats in milk. Stir in chopped apple and cinnamon until softened.

KEEP EXPLORING

7 Easy Energy Smoothies

Fresh breakfast and afternoon inspiration.

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Lunch without the fuss

Four lunches are prepared automatically when you cook dinner the night before.

MON / Hummus veggie wrap

1 portion · 10 min

YOU NEED 1 wrap; 50 g hummus; 75 g cucumber; 60 g carrot; 20 g salad greens.

HOW TO MAKE IT Spread hummus on wrap. Add sliced vegetables and greens; roll up.

TUE / Leftover chicken rice bowl

1 portion · 5 min

YOU NEED 1 reserved portion of Monday's chicken, rice and vegetables.

HOW TO MAKE IT Reheat the refrigerated portion thoroughly until piping hot.

WED / Leftover lentil pasta

1 portion · 5 min

YOU NEED 1 reserved portion of Tuesday's lentil pasta.

HOW TO MAKE IT Reheat until piping hot throughout.

THU / Leftover chickpea curry

1 portion · 5 min

YOU NEED 1 reserved portion of Wednesday's curry and rice.

HOW TO MAKE IT Reheat thoroughly until piping hot; follow the rice storage note on page 10.

MORE RECIPE INSPIRATION

Green Smoothies - 15 Recipes

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Lunch, sorted

A few more simple lunches for the rest of the week.

FRI / Egg & veggie sandwich

1 portion · 15 min

YOU NEED 2 eggs; 2 bread slices; 30 g yogurt; 50 g cucumber; 20 g greens.

HOW TO MAKE IT Hard-boil eggs until fully cooked, chop and mix with yogurt. Fill bread with egg mix, cucumber and greens.

SAT / Leftover fajita wraps

1 portion · 5 min

YOU NEED Half of Friday's fajita filling; 2 wraps.

HOW TO MAKE IT Reheat filling thoroughly, then spoon into wraps.

SUN / Chickpea cucumber wrap

1 portion · 10 min

YOU NEED 1 wrap; 120 g drained chickpeas; 75 g cucumber; 20 g greens; juice from 1/4 lemon.

HOW TO MAKE IT Mash chickpeas with lemon juice; add cucumber and greens, then roll into wrap.

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Cook once, eat twice

Monday to Wednesday dinners each make two portions: one tonight, one for tomorrow's lunch.

MON / Chicken, rice & roasted vegetables

2 portions · approx. 35 min

YOU NEED 140 g dry rice; 300 g chicken breast; 150 g bell pepper; 200 g zucchini; 200 g broccoli; 75 g onion; 15 ml oil; paprika.
HOW TO MAKE IT Cook rice following packet directions. Cut chicken and vegetables into bite-sized pieces, toss with oil and paprika, and roast at 200°C / 390°F until chicken is fully cooked (74°C / 165°F inside) and vegetables are tender. Serve half, cool the remaining portion promptly and refrigerate for Tuesday lunch.

TUE / Tomato & lentil pasta

2 portions · approx. 30 min

YOU NEED 160 g dry pasta; 90 g dry red lentils; 400 g chopped tomatoes; 75 g onion; 100 g carrot; 75 g spinach; 1 garlic clove; 10 ml oil; Italian herbs.

HOW TO MAKE IT Cook lentils in the tomato sauce with chopped onion, carrot, garlic and enough water until tender; stir in spinach. Cook pasta separately, combine, and divide into two portions. Refrigerate one portion promptly for Wednesday lunch.

WED / Chickpea vegetable curry

2 portions · approx. 30 min

YOU NEED 140 g dry rice; 240 g drained chickpeas; 300 g frozen mixed vegetables; 200 g chopped tomatoes; 200 ml coconut milk; 75 g onion; 7.5 ml oil; curry powder.

HOW TO MAKE IT Cook rice following packet directions. Soften onion in oil, add vegetables, chickpeas, tomato, coconut milk and curry spice; simmer until hot and tender. Eat half and cool the other half quickly for Thursday lunch. Refrigerate cooked rice within one hour.

Why two portions? There is no extra shopping for the next day's lunch. That second portion is already included in the grocery list.

Finish the week strong

Simple meals and a final leftover lunch on Saturday.

THU / Baked potato with tuna

1 portion · approx. 25 min

YOU NEED 300 g potatoes; 120 g drained canned tuna; 80 g yogurt; 75 g cucumber; 30 g salad greens; juice from 1/4 lemon.

HOW TO MAKE IT Bake or microwave potato until tender. Mix tuna with yogurt, cucumber and lemon juice; spoon over potato. Serve with greens.

FRI / Chicken veggie fajitas

2 portions · approx. 25 min

YOU NEED 300 g chicken breast; 150 g bell pepper; 150 g onion; 125 g drained sweetcorn; 40 g greens; 100 g salsa; 10 ml oil; fajita seasoning; 4 wraps.

HOW TO MAKE IT Cook sliced chicken thoroughly in a pan with oil, onion, pepper and fajita spices. Stir in sweetcorn. Divide filling in half; serve one half tonight with 2 wraps, greens and salsa. Refrigerate the remaining filling promptly; use the other 2 wraps for Saturday lunch.

SAT / Vegetable omelette & salad

1 portion · approx. 15 min

YOU NEED 2 eggs; 125 g mushrooms; 50 g spinach; 37 g onion; 50 g greens; 1 bread slice; 7.5 ml oil.

HOW TO MAKE IT Soften onion and mushrooms in oil, add spinach, then pour in beaten eggs. Cook until eggs are fully set. Serve with greens and toast.

SUN / Tomato vegetable lentil soup

1 portion · approx. 30 min

YOU NEED 70 g dry red lentils; 200 g chopped tomatoes; 100 g carrot; 150 g frozen mixed vegetables; 75 g onion; 375 ml prepared vegetable stock; 7.5 ml oil; 2 bread slices.

HOW TO MAKE IT Soften chopped onion and carrot in oil. Add lentils, tomato, frozen vegetables and stock. Simmer until lentils and vegetables are tender; add water as needed. Serve with toast.

A little planning goes a long way

Helpful reminders for cooking for one - without overcomplicating your week.

01 / COOL & REFRIGERATE

Refrigerate cooked food promptly, within 2 hours. Use shallow, covered containers and keep your fridge at 4°C / 40°F or below.

02 / GIVE RICE EXTRA CARE

Cool cooked rice quickly, ideally within 1 hour. Refrigerate and eat within 24 hours, or freeze promptly. Reheat rice only once, until steaming hot.

03 / SAVE IT FOR LATER

Most cooked leftovers keep for 3-4 days in the fridge if stored safely. Freeze portions you will not use in time. Label containers with the dish and date.

04 / REHEAT THOROUGHLY

Heat leftovers until piping hot throughout (74°C / 165°F). Check package directions for storing and using partly opened ingredients.

05 / COOKING FOR MORE?

Multiply ingredient amounts by the number of people you are cooking for, including your shopping list. Remember: selected dinners already make an extra lunch portion.

FOOD ALLERGIES & DIETARY ADVICE

Ingredients and substitutes may cause allergic reactions or intolerances. Always check labels, including plant-based alternatives. If you have known allergies or specific dietary needs, consult a registered dietitian or qualified healthcare professional.