

Free 30-Day Meal Plan for Weight Loss (PDF Edition)

Created by PlannerForMe.com — Smart-System Personal Planners for a Better You

How to Use This Planner

This 30-day plan is designed to help you lose weight safely and sustainably. Each day includes:

- **3 main meals** (breakfast, lunch, dinner)
- **2 healthy snacks**
- **Daily hydration goal**
- **Motivational quote & notes space**

 You can adjust portion sizes based on your calorie needs (e.g., 1,400–1,800 kcal/day).

 Customize using our SMART-SYSTEM Planner Tool at PlannerForMe.com for a version tailored to your diet (vegan, keto, high-protein, etc.).

Weekly Grocery Lists (Overview)

Week 1

Oats, eggs, brown rice, chicken breast, broccoli, spinach, olive oil, almonds, bananas, apples, Greek yogurt, sweet potatoes, lentils, cucumber, tomatoes.

Week 2

Whole-grain bread, tuna, cottage cheese, quinoa, carrots, zucchini, peanut butter, tofu, bell peppers, mushrooms, oranges, chia seeds.

Week 3

Avocado, salmon, rice cakes, walnuts, turkey breast, mixed greens, cucumber, eggs, rolled oats, blueberries, honey, green tea.

Week 4

Lean beef, tofu, brown rice, green beans, yogurt, almonds, berries, oats, sweet corn, chickpeas, kale, lemon, olive oil.

Week 1: Light Start & Reset

Day	Breakfast	Lunch	Dinner	Snacks
1	Oatmeal + banana + cinnamon	Grilled chicken + veggies	Baked salmon + quinoa	Yogurt + almonds
2	2 boiled eggs + toast	Lentil soup + salad	Chicken stir-fry + brown rice	Apple + peanut butter
3	Yogurt + granola	Tuna sandwich + cucumber	Veggie curry + rice	Carrot sticks + hummus
4	Smoothie (banana + spinach + milk)	Chicken wrap	Fish + steamed veggies	Handful of nuts
5	Scrambled eggs + avocado toast	Grilled veggies + quinoa	Tofu bowl + salad	Orange slices
6	Oats + blueberries	Turkey sandwich	Veggie soup + bread	Rice cakes
7	Pancake (oat-based)	Mixed salad + olive oil	Baked chicken	Greek yogurt

Week 2: Energy & Balance

Day	Breakfast	Lunch	Dinner	Snacks
8	Smoothie bowl + nuts	Grilled chicken wrap	Baked fish + veggies	Boiled egg
9	Oats + apple	Lentil bowl + rice	Stir-fried tofu	Greek yogurt
10	Egg omelet + toast	Quinoa salad + veggies	Chicken soup	Almonds
11	Yogurt parfait	Veggie sandwich	Shrimp stir-fry	Banana
12	Smoothie + peanut butter toast	Tuna salad	Turkey chili	Fruit salad
13	Scrambled eggs + spinach	Chicken rice bowl	Veggie pasta	Cottage cheese
14	Pancakes + honey	Grilled tofu + salad	Baked fish + broccoli	Nuts mix

Week 3: Fat Burn Focus

Day	Breakfast	Lunch	Dinner	Snacks
15	Overnight oats	Chicken burrito bowl	Grilled salmon	Yogurt
16	Smoothie (berries + oats)	Chickpea salad	Turkey stir-fry	Protein bar
17	Eggs + avocado toast	Veggie soup	Chicken rice bowl	Apple
18	Yogurt bowl + chia seeds	Quinoa + tofu	Baked fish	Nuts
19	Protein pancakes	Chicken wrap	Veggie chili	Rice cakes
20	Oatmeal + peanut butter	Tuna sandwich	Grilled veggies	Fruit
21	Smoothie bowl	Lentil soup	Chicken + salad	Almonds

Week 4: Tone & Sustain

Day	Breakfast	Lunch	Dinner	Snacks
22	Oats + banana	Grilled fish	Chicken + quinoa	Yogurt
23	Scrambled eggs + toast	Veggie rice bowl	Shrimp + broccoli	Apple
24	Yogurt + granola	Chicken sandwich	Baked tofu	Rice cakes
25	Smoothie (green)	Lentil soup	Grilled chicken	Almonds
26	Pancakes + honey	Tuna salad	Veggie curry	Orange
27	Boiled eggs	Turkey sandwich	Fish bowl	Nuts
28	Smoothie + oats	Chickpea salad	Chicken + veggies	Fruit
29	Omelet + toast	Veggie soup	Salmon bowl	Cottage cheese
30	Yogurt bowl	Quinoa salad	Grilled turkey	Banana

Daily Water Tracker

Drink at least **8–10 glasses (2–3 liters)** per day.

☒ Mark a  for each glass you drink.

 Tip: Add lemon or mint for freshness.

Motivational Corner

“Small daily improvements lead to long-term success.”

“Discipline beats motivation — one meal at a time.”

“You don’t need to be extreme, just consistent.”

Expert Tips for Success

- Plan your grocery shopping every Sunday.
- Don’t skip breakfast — it stabilizes metabolism.
- Add fiber-rich veggies to every meal.
- Sleep 7–8 hours nightly.
- Practice mindful eating — no screens, just food.

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This planner is 100% free.

If it helped you, please consider [buying me a coffee](#) so I can keep creating and sharing high-quality powered planners with the community.

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