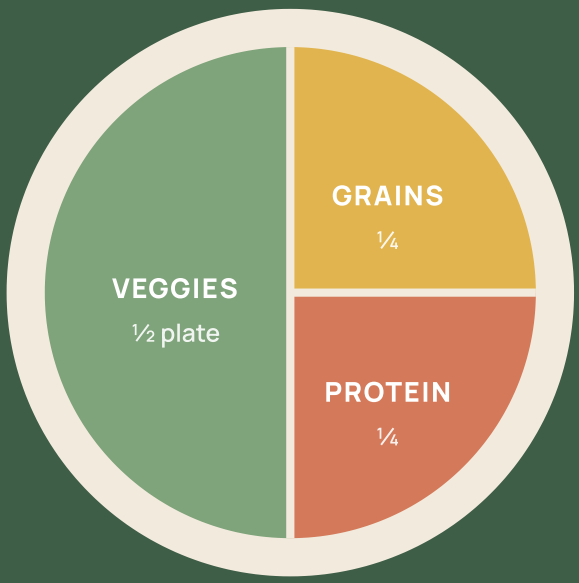
FREE SAMPLE · 7 DAYS

The Balanced Plate
30-day meal plan

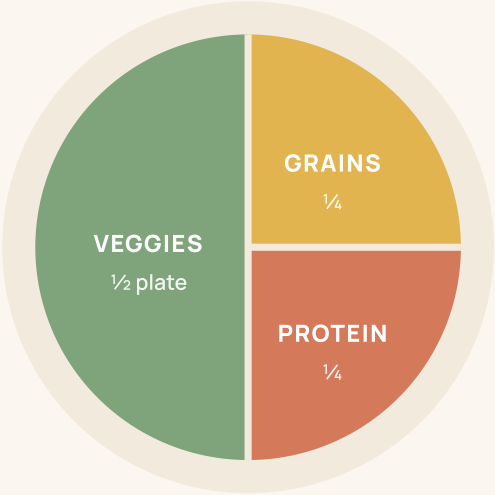
Free sample: the plate method cheat sheet, the week 1 menu and a ready-to-print grocery list. Start this Monday.



free · 7-day menu · grocery list

The balanced plate method

The planner follows the Healthy Eating Plate guidelines from nutrition experts at the Harvard T.H. Chan School of Public Health. No calorie counting: the plate sets the proportions.



- Healthy oil — 1 tbsp per plate
- Water, tea or coffee, unsweetened

½ — vegetables & fruit

The biggest part. The more colors, the better. **Potatoes don't count** as a vegetable. Frozen vegetables are just as good as fresh.

¼ — whole grains

Farro, brown rice, bulgur, quinoa, barley, oats, whole-wheat pasta and bread. White rice and white bread — only sometimes.

¼ — healthy protein

Fish, poultry, eggs, beans, lentils, tofu, nuts. Red meat — rarely. Bacon, deli meats and sausages — the exception, not the rule.

≈ 10 oz	⅓ cup	4–5 oz	1 tbsp
vegetables on one plate (about 300 g)	dry grains (50–60 g)	meat or fish (120–150 g), or 2 eggs + extras	oil for the whole plate

WEEK 1

Easy Start

Familiar ingredients, basic techniques, a short grocery list

DAY	PLATE 1 · LUNCH	PLATE 2 · DINNER
1	Paprika chicken, farro & crunchy cabbage slaw 30 min	Spinach & tomato omelet with toast 15 min
2	Lemon-garlic baked cod, brown rice & broccoli 40 min	Roasted beet, bean & bulgur salad 20 min
3	Red lentil soup with 2 toasts & cucumber 30 min	Garlic-herb cottage cheese dip, crunchy veggies & bread 10 min
4	Chicken meatballs in tomato sauce, bulgur & zucchini 35 min	Farro with sautéed mushrooms, eggs & salad 20 min
5	Baked cod cakes, brown rice & beet-carrot salad 35 min	Bean & pepper wrap with herbed cottage cheese 10 min
6	One-pan chicken with peppers & zucchini, farro 35 min	Pepper shakshuka with whole-grain toast 20 min
7	Cod in tomato sauce, brown rice & green salad 35 min	Broccoli & cottage cheese bake with cabbage slaw 35 min

Sunday prep

- Cook farro for days 1 and 4 (110 g / 4 oz dry) and brown rice for days 2 and 5 (120 g / 4¼ oz). Cool and store in containers up to 4 days.
- Roast 2 beets in foil (60 min, 400°F / 200°C) for days 2 and 5.
- Shred cabbage and grate carrots for 2 days; store undressed.
- Move cod from freezer to fridge the night before days 2, 5 and 7.
- Open the beans on day 2 only: keep the rest covered in a jar up to 3 days.

Grocery list · Week 1

days 1–7 · for 1 person · already rounded to what stores sell

1 plate — wellness mode 2 plates — weight-loss mode

Produce

	1 plate	2 plates
☐ Green cabbage	150 g · 5½ oz	250 g · 9 oz
☐ Carrots	350 g · 12½ oz	400 g · 14 oz
☐ Yellow onion	200 g · 7 oz	300 g · 10½ oz
☐ Red onion	—	20 g
☐ Beets	150 g · 5½ oz	300 g · 10½ oz
☐ Broccoli (fresh or frozen)	200 g · 7 oz	400 g · 14 oz
☐ Zucchini	350 g · 12½ oz	350 g · 12½ oz
☐ Bell peppers	100 g · 3½ oz	400 g · 14 oz
☐ Tomatoes	300 g · 10½ oz	950 g · 2.1 lb
☐ Cucumbers	350 g · 12½ oz	750 g · 1.7 lb
☐ Spinach (frozen or fresh)	—	100 g · 3½ oz
☐ Salad greens	40 g · 1½ oz	150 g · 5½ oz
☐ Mushrooms	—	150 g · 5½ oz
☐ Fresh herbs (dill, parsley)	1 bunch	1 bunch
☐ Garlic	6 cloves (1 head)	8 cloves (1 head)

Fruit

	1 plate	2 plates
☐ Lemon	1	1

Whole grains & bread

	1 plate	2 plates
☐ Farro	150 g · 5½ oz	200 g · 7 oz
☐ Brown rice	200 g · 7 oz	200 g · 7 oz
☐ Bulgur	60 g · 2 oz	100 g · 3½ oz
☐ Rolled oats	20 g	20 g
☐ Whole-grain bread	2 slices	6 slices
☐ Whole-wheat tortilla (large)	—	1

Meat, fish & eggs

	1 plate	2 plates
☐ Chicken breast	400 g · 14 oz	400 g · 14 oz
☐ Cod fillet	450 g · 16 oz	450 g · 16 oz
☐ Eggs	—	7

Beans, lentils & tofu

	1 plate	2 plates
☐ Red lentils	60 g · 2 oz	60 g · 2 oz
☐ Kidney beans (canned)	—	1 can

Dairy

	1 plate	2 plates
☐ Cottage cheese	—	350 g · 12½ oz

Add: breakfasts & snacks

What's already at home? Check Lardex

Stock by fridge, freezer and pantry, expiry dates, voice input. Works offline. Free.

lardex.pages.dev →

1 Day 1 of 30

WEEK 1 · EASY START

PLATE 1 · LUNCH · BOTH MODES

30 min

Paprika chicken, farro & crunchy cabbage slaw



veggies ≈ 300 g · grains 60 g · protein 130 g

INGREDIENTS

Chicken breast	**130 g · 4½ oz**
Farro	**60 g · 2 oz**
Green cabbage	**150 g · 5½ oz**
Carrots	**60 g · 2 oz**
Cucumbers	**80 g · 3 oz**
Fresh herbs (dill, parsley)	**10 g**
Lemon	¼

From the pantry: olive oil, salt, paprika

METHOD

Simmer farro in salted water for 25 min, then drain. Rub chicken with salt and paprika; cook in 1 tsp oil, 6 min per side. Thinly slice cabbage and massage with a pinch of salt; toss with grated carrot, cucumber, herbs, lemon juice and 1 tsp oil.

PLATE 2 · DINNER · WEIGHT-LOSS MODE

15 min

Spinach & tomato omelet with toast



veggies ≈ 360 g · grains 35 g · protein 110 g

INGREDIENTS

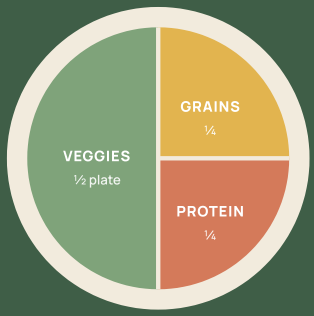
Eggs	**2**
Spinach (frozen or fresh)	**100 g · 3½ oz**
Tomatoes	**150 g · 5½ oz**
Yellow onion	**30 g · 1 oz**
Whole-grain bread	**1 slice**
Cucumbers	**80 g · 3 oz**

From the pantry: olive oil, salt, pepper

METHOD

Warm onion and spinach in a skillet for 3 min. Pour in beaten eggs, cover and cook on low for 5 min. Serve with sliced tomato, cucumber and a slice of whole-grain toast.

☐ Plate 1 ☐ Plate 2 ☐ Water 6–8 cups Rating: ☆ ☆ ☆ ☆ ☆



Want all 30 days?

The full planner has 60 recipes — one page for every day — plus 5 grocery lists, a prep plan for each week, a swap chart, 10 breakfasts and a 30-day tracker.

Get the full plan → [Etsy link]

Your code: [PLATE20] — 20% off for 72 hours