



7-Day Weight Loss Starter Plan

A simple, realistic way to begin — no extreme diets, no starvation.

100% FREE

Beginner-Friendly · No App Needed · One Week to Start

fytfree.com

START HERE

Welcome — Here's How This Works

This isn't a crash diet. It's a gentle, realistic first week.

What this plan is

A simple starting structure: 7 days of meals, a walking plan, a grocery list and a habit tracker — everything you need to begin, in one place.

How to use it

Follow it for 7 days. Swap any meal you don't like for a similar one. Don't aim for perfect — ticking 80% of the boxes every week beats a "perfect" week you can't repeat.

What to expect

Realistic weight loss is slow — usually 0.3–0.7 kg per week. The first days you may see a quick drop (mostly water). Real fat loss shows over weeks, not days.

Want your exact calorie number? Use the free Calorie Calculator at fytfree.com/calorie-calculator

A quick note: This plan is for general education only. If you have a medical condition, are pregnant, are under 18, or take medication that affects weight or appetite, please speak with a healthcare professional before changing your diet.

STEP 1

Choose Your Calories

Eat slightly less than your body burns. You just need a realistic start.

Goal	Women	Men
Gentle loss	1,400–1,600 kcal	1,700–1,900 kcal
Moderate loss	1,300–1,500 kcal	1,600–1,800 kcal

General starting estimates, not personalised numbers. For a target based on your weight, height, age and activity, use the free FytFree Calorie Calculator.

1

Protein at every meal

It keeps you full and protects muscle. Eggs, chicken, fish, Greek yogurt, beans, tofu.

2

Fill half your plate with veg

High volume, low calories — keeps you satisfied without overeating.

3

Don't go too low

Never below 1,200 (women) or 1,500 (men) without medical guidance.

This plan is built around roughly 1,500 kcal/day. Adjust portions up or down to fit your number.

STEP 2

Your 7 Days of Meals

Simple, repeatable meals around 1,500 kcal/day. Swap anything you dislike.

Day	Breakfast	Lunch	Dinner	Snack
1	Greek yogurt + berries + oats	Chicken salad wrap	Salmon + potatoes + broccoli	Apple + nuts
2	Eggs + toast + tomato	Lentil soup + side salad	Stir-fry chicken + rice + veg	Greek yogurt
3	Overnight oats + banana	Tuna + brown rice bowl	Turkey meatballs + pasta	Carrots + hummus
4	Scrambled eggs + spinach	Chicken + quinoa + veg	Bean chili + small rice	Cottage cheese + fruit
5	Smoothie (yogurt+berries+oats)	Egg salad sandwich + side	Baked cod + sweet potato	Boiled eggs
6	Greek yogurt + granola + fruit	Leftover chili or soup	Chicken + couscous + salad	Apple + peanut butter
7	Tofu scramble + toast	Chickpea salad bowl	Lean beef + rice + veg	Dark chocolate + nuts

Tip: cook extra at dinner for next-day lunch. Consistency beats variety.

Want meals built around YOUR favourite foods? Try the free Meal Plan Generator at fytfree.com/meal-plan-generator

STEP 3

Your Grocery List

Everything you need for the week. Tick as you shop.

Proteins

- ☐ Eggs (1 dozen)
- ☐ Chicken breast
- ☐ Salmon or cod
- ☐ Tuna (canned)
- ☐ Greek yogurt
- ☐ Cottage cheese
- ☐ Turkey mince
- ☐ Tofu · lean beef

Vegetables

- ☐ Broccoli
- ☐ Spinach
- ☐ Tomatoes
- ☐ Carrots
- ☐ Mixed salad
- ☐ Peppers
- ☐ Onions
- ☐ Frozen mixed veg

Carbs

- ☐ Oats
- ☐ Whole-grain bread
- ☐ Brown rice
- ☐ Potatoes
- ☐ Sweet potato
- ☐ Pasta
- ☐ Quinoa or couscous
- ☐ Granola

Fruit & pantry

- ☐ Berries · bananas
- ☐ Apples
- ☐ Lentils · beans
- ☐ Hummus
- ☐ Nuts
- ☐ Peanut butter
- ☐ Olive oil
- ☐ Dark chocolate

Tip: frozen vegetables are cheaper, last longer, and are just as nutritious as fresh.

STEP 4

Your 7-Day Walking Plan

The easiest habit to build — and one of the best tools for weight loss.



Day 1 **15 min easy** After a meal is ideal

Day 2 **15 min easy** Same time builds the habit

Day 3 **20 min** Add a brisker pace

Day 4 **20 min** Find a route you enjoy

Day 5 **25 min** Try a short uphill section

Day 6 **25 min brisk** Slightly breathless is good

Day 7 **30 min** Reward yourself — you did it!

Three 10-min walks count as much as one 30-min walk.

STEP 5

Track Your Week

Tick a box each time you complete a habit. Aim for consistency, not perfection.

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Hit calorie target	☐	☐	☐	☐	☐	☐	☐
Protein at every meal	☐	☐	☐	☐	☐	☐	☐
Walked today	☐	☐	☐	☐	☐	☐	☐
Drank enough water	☐	☐	☐	☐	☐	☐	☐
Slept 7+ hours	☐	☐	☐	☐	☐	☐	☐

Weigh-in tip: Weigh once at the start and once at the end of the week — same time, same conditions (morning, before eating). Don't weigh daily; the scale jumps around for reasons that have nothing to do with fat.

You Finished Week 1. What Now?

Congratulations — the hardest part is starting, and you did it.

1

Repeat it

Do another week. The meals and walks are designed to be repeated — rotate ingredients to keep it interesting.

2

Adjust gently

If the scale isn't moving after 3–4 weeks of consistency, reduce calories by 100–150 or add 1,000–2,000 daily steps.

3

Track the trend, not the day

Body weight fluctuates daily. Look at your weekly average — that's the real picture.

Your free FytFree toolkit

› Calorie Calculator

› Meal Plan Generator

› Walking Plan Generator

› Protein Calculator

Want the full version? The complete 30-Day Beginner Weight Loss Plan — 30 days of meals, 4-week walking, 2 workouts and a calorie-adjustment guide — at fytfree.com.

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For general education only — not medical advice. Consult a professional before major diet or exercise changes.