AIFreeForever

The Weekly Meal Planning Guide, 2026

This guide is for anyone who wants to eat better without spending hours planning. It covers a daily calorie guide for each goal, what each of the eight diets includes, how many meals a day suit you, and a one-week planner with a shopping list page.

A daily calorie guide for each goal

Start from your current weight in pounds times 12. Then adjust it for your goal. A daily total under 1,200 calories is too low for adults.

Goal	Change from your start	Focus
Weight Loss	300 to 500 calories less	Portion control, fiber, lean protein.
Weight Gain	200 to 500 calories more	Healthy fats, protein, frequent meals.
Muscle Gain	100 to 400 calories more	Protein at every meal, a post-workout meal.
Balanced Nutrition and Maintenance	About the same	Variety and steady habits.

What each of the eight diets includes

Vegetarian	Plants, dairy and eggs. No meat or fish.
Vegan	Plants only. Watch B12, iron, protein and calcium.
Non-Vegetarian	All food groups, with lean proteins.
Pescatarian	Plants with fish and seafood. No meat.
Gluten-Free	No wheat, barley or rye. Rice, quinoa and corn instead.
Keto	About 70% fat, 25% protein and 5% carbs.
Paleo	Whole foods. No grains, legumes, dairy or processed food.
Mediterranean	Olive oil, fish, vegetables, legumes and whole grains.

Meals per day and who they suit

- 2 meals: busy schedules and intermittent fasting.
- 3 meals: a traditional, balanced day.
- 4 meals: active people who want steady energy.
- 5 or 6 meals: weight gain, muscle building and high calorie needs.

My one-week planner

Day	Breakfast	Lunch	Dinner	Snack
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

My shopping list

Produce
Protein
Dairy and eggs
Grains and pantry

These are general wellness estimates. Check with a doctor or registered dietitian if you have a medical condition.

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