

# 5-day menu

Just want to know what to eat? This meal plan will help you get started. Follow it, or mix and match. Skip the foods you don't love and dig into the ones you do.

Want more? With 5,000+ recipes in the WW app, your taste buds will never be bored.

Curious what other members are eating? Scroll through real-time posts on Connect!

Find all the recipes in this book at [www.com/ca/en/my-ww-recipes](http://www.com/ca/en/my-ww-recipes).

## DAY 1

### Breakfast

Irish steel-cut oats with pomegranate and pistachios

6



### Lunch

Honey mustard chicken salad whole-wheat sandwich and 1 oz pretzels

6

### Snacks

Parmesan-herb popcorn

3

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Apple slices drizzled with ½ Tbsp honey and cinnamon

2

### Dinner

**ASIAN FISH AND VEGGIE BOWL**  
Combine steamed shrimp or crab, edamame, shredded carrots and cabbage, ½ cup brown rice, and 2 Tbsp ginger salad dressing

6



## DAY 2

### Breakfast

Egg and bacon breakfast slider with fresh fruit

5



### Lunch

**OUT FOR PIZZA**  
1 large slice regular-crust cheese pizza (¼ of a 16-in pie) and a side salad with ¼ cup croutons and 1½ Tbsp fat-free dressing

15

### Snacks

14 pistachios or 7 almonds

1

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Fresh fruit salad

0



### Dinner

Chicken, peach, and fig salad with ricotta salata

2

*Want dessert or a glass of wine? Tap into your weekly SmartPoints!*

## DAY 3

### Breakfast

Nonfat plain Greek yogurt topped with fresh fruit and 2 Tbsp slivered almonds

2

### Lunch

Greek-inspired veggie burger

8



### Snacks

1 cup chocolate-almond nice cream

7

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Fresh vegetable sticks with 4 Tbsp hummus

4

*Did you know that up to 4 unused SmartPoints® will be automatically rolled over to use on another day?*



### Dinner

**DATE NIGHT**  
Roasted salmon with zucchini, chickpeas, and peppers

2

## DAY 4

### Breakfast

Waffles with lemony ricotta and blueberries

5



### Lunch

Pair 1 cup lentil-vegetable soup with a roast beef wrap made with a medium flour tortilla, 3 oz deli-style roast beef, 1 Tbsp mustard, lettuce, sliced onion, tomato, and pickles

7



### Snacks

**BIRTHDAY CELEBRATION**  
1 mini frosted cupcake and a cup of tea

5

### Dinner

Greek chicken with tzatziki, orzo, and peppers

6

## DAY 5

### Breakfast

½ cup Greek yogurt with ¼ cup warm blueberry sauce

1



### Lunch

**OUT FOR JAPANESE**  
California roll (4 pieces), spicy tuna roll (4 pieces), edamame, and 1½ cups miso soup

10

*Want some green tea ice cream? Use your weekly SmartPoints!*

### Snacks

9 tortilla chips with fat-free salsa

3

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Banana (or other fresh fruit)

0



### Dinner

**FAMILY MEAL**  
Stuffed pasta shells and roasted veggies

9