

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 ww.com/ca/en/my-ww-recipes

DAY 1

Breakfast

Mini bagel with 1 Tbsp whipped cream cheese and sliced tomato, with ¾ cup orange juice

8

Lunch

1 cup curry lime chicken salad served on a toasted open-face English muffin, plus a mixed green salad with 2 Tbsp vinaigrette dressing

10



Snacks

Medium (12 fl oz) latte made with low-fat milk

6

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Basil-spinach dip & pita chips

4



Dinner

Roasted chicken with squash and peppers

2

DAY 2

Breakfast

Smoked salmon and cream cheese muffin

4



Lunch

OUT FOR MEXICAN

2 fast-food soft tacos with salsa and a side salad

8

Have SmartPoints® left over? Up to 4 will be automatically rolled over for another day.

Snacks

Hard-boiled egg with fresh veggies

2

OFFICE PARTY

2 Honey Dip Timbits® with a cup of milky coffee

6

Dinner

One-pot penne with broccoli rabe and sausage

10



DAY 3

Breakfast

Buttermilk-oat pancakes with yogurt and pear

9



Lunch

Salmon Niçoise salad with lemon-caper dressing

9



Snacks

3 oz deli-style turkey breast with 6 whole-wheat pita chips

3

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Fruit, cheese, and nut plate

2

Dinner

AT A BAR WITH FRIENDS
8 fl oz light beer and grilled chicken on a bun

13

Went over your Budget? Tap into your weekly SmartPoints.

DAY 4

Breakfast

Egg and Canadian bacon sandwich with avocado and tomato

7

Lunch

Turkey burger with squash fries

6



Snacks

24 pistachios, 11 almonds, or 6 cashews, with an apple

2

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1 oz pretzels

3



Dinner

Spice-rubbed flank steak with fajita vegetables, plus 3 (6-in) corn tortillas and ¼ avocado

12

DAY 5

Breakfast

1 cup low-fat plain Greek yogurt with chopped fresh fruit, 2 Tbsp granola, ½ Tbsp chopped walnuts

7

Lunch

AT A CHINESE RESTAURANT
1 cup wonton soup, 1 cup chicken and broccoli, ½ cup steamed rice

10

Snacks

Fresh fruit salad

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Blue corn nachos

4



Dinner

Classic lasagna with roasted broccoli

9

