

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

BLT breakfast cheese toast with an orange

3



Lunch

Pulled chicken ancho chili and black bean soup with 7 tortilla chips and 3 Tbsp of homemade guacamole

4



Snacks

Sliced pear or apple with 1 Tbsp almond butter

3

Buttermilk-herb dip with crudité

0

Dinner

POST-SOCCER PRACTICE
Beef and vegetable stir-fry with brown rice

6

Special dessert?
Want a beer? Tap into your weekly SmartPoints!*

DAY 2

Breakfast

Toast 1 frozen whole-grain waffle, spread with 2 Tbsp peanut butter, and top with banana slices and a dash of cinnamon.

5

Lunch

GREEK SHRIMP BOWL
Steamed shrimp, cooked farro, lettuce, peppers, and cucumber, with 1½ Tbsp crumbled feta, lemon juice, and fresh dill

1



Snacks

Banana-chocolate chip mini-muffin and coffee with skim milk

3

Air-popped popcorn with sea salt

0

Dinner

Chicken Parmesan sandwich with Italian-inspired vegetable soup

7



DAY 3

Breakfast

Cranberry-almond morning barley

4



Lunch

Pesto chicken salad sandwich with Italian arugula salad

8

Snacks

Grapes, 2 oz low-fat cheddar, 7 almonds

3

Deviled eggs with capers and dill

0



Dinner

Chickpea and spinach stew served over whole-wheat couscous

1

Up to 4 unused daily SmartPoints will be automatically rolled over so you can use them on another day.

DAY 4

Breakfast

Western omelette

2



Lunch

OUT FOR BURGERS
Small fast-food cheeseburger with condiments and a garden salad with 1 Tbsp Italian dressing

11

Snacks

Plain fat-free cottage cheese with fresh fruit

0

Banana or apple

0

Dinner

Italian turkey sausage and pepper pasta

3



Track your meals and earn WellnessWins.™ Redeem them for real rewards!

DAY 5

Breakfast

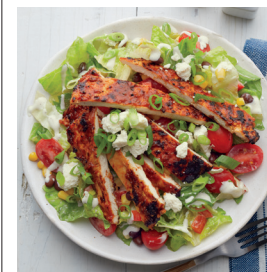
Poblano and egg breakfast sandwich with fresh fruit

4

Lunch

Barbecue ranch chicken salad

4



Snacks

BOOK CLUB NIGHT
2 medium chocolate-covered strawberries

3

Fresh veggies with 3 Tbsp homemade guacamole

2

Dinner

Swordfish & veggie skewers with creamy avocado sauce, served with brown rice or quinoa

3

