

Dairy free 5-day meal plan

Servings
All breakfasts & lunches serve 1. All dinners serve 4.

Fresh fruit
Include each day as a ZeroPoint™ snack.

Rollovers
You can roll over up to 4 unused daily SmartPoints values into your weeklies.

	DAY 1			DAY 2			DAY 3			DAY 4			DAY 5		
	G	B	P	G	B	P	G	B	P	G	B	P	G	B	P
Breakfast	Avocado & bacon on toast			Tropical fruit salad with oats			Porridge with strawberries & agave syrup			Ham & egg on toast			Turkey, egg & avocado breakfast		
	5	5	5	4	3	3	8	7	4	4	2	2	8	6	6
Lunch	Chicken & grape salad			Prawn & broccoli noodles			Lentil, apple & spinach salad			Niçoise salad			Mexican beans & avocado on toast		
	5	4	4	7	7	2	5	4	4	4	2	2	6	4	4
Dinner	Sausage traybake			Salmon with salsa verde			Chicken, chorizo, potato & broccoli traybake			Warm aubergine & pomegranate salad			Chicken Jalfrezi		
	7	7	5	12	5	2	10	8	4	3	3	3	8	6	1
Snacks	150g plain soya yogurt with fruit & 12 chopped cashew nuts			WW crisps (any flavour)			150g plain soya yogurt with fruit			2 x 8g salt & vinegar rice cakes			150g plain soya yogurt with fruit & 12 chopped cashew nuts		
	4	2	2	2	2	2	2	0	0	2	2	2	4	2	2
	2 tsp fresh salsa (no oil) with vegetable crudités			2 tsp reduced-fat houmous with vegetable crudités			WW bar (any flavour)			20g peanut butter & sliced banana on 1 slice toasted calorie controlled bread			WW crisps (any flavour)		
	0	0	0	4	4	4	2	2	2	5	5	5	2	2	2
	21	18	16	29	21	13	27	21	14	18	14	14	28	20	15