## 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.

## Pollovore

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

	DAY 1	G B	Р	DAY 2	G B	P DAY 3	G	8 F	DAY 4	GE	3 F	DAY 5	G	ВР
	Avocado & bacon on toast			Tropical fruit salad with oats		Porridge with strawberries & agave syrup			Ham & egg on toast			Turkey, egg & avocado breakfast		
Breakfast	Grill 2 bacon medallions & mash 40g avocado with a fork. Lightly toast 1 slice of calorie controlled brown bread. Top the toast with the mashed avocado & bacon.	5 5		Toast 10g porridge oats & 5g desiccated coconut in a pan over a medium heat for 2 mins. Stir 75g mango, ½ kiwi (peeled & sliced), the pulp & seeds from ½ passion fruit, ¼ tbsp chopped fresh mint & ½ tbsp freshly squeezed orange juice in a bowl. Combine 100g plain soya yogurt with ½ tbsp orange juice. Serve the yogurt with the fruit, oats & fresh mint leaves scattered over.	4 3	Cook 30g porridge oats with 150ml unsweetened oat milk to pack instructions. Serve with 2 tbsp plain soya yogurt, 20g strawberries & 1 tsp agave syrup.	8	7 4	Toast 1 slice calorie controlled bread, add 2 x 23g slices wafer thin ham and 1 sliced boiled egg on top. Sprinkle over 1 tsp snipped fresh chives to serve.	4 2	2 2	Toast 1 slice of calorie controlled brown bread. In a small bowl, mash 40g avocado, & spread over the toast. Top with a slice of wafer-thin turkey & a slice of tomato. Crack an egg into a pan of simmering water & poach for about 3 mins.  Remove from the pan with a slotted spoon & drain on a plate lined with kitchen paper. Place the poached egg on top of the toast. Season to taste & serve with rocket on the side.	8	6 6
	Chicken & grape salad			Prawn & broccoli noodles		Lentil, apple & spinach salad			Niçoise salad			Mexican beans & avocado on toast		
Lunch	Toss together 40g mixed salad leaves, 60g halved black or green grapes, & ¼ sliced cucumber. Whisk together ½ thsp olive oil with the juice of ¼ lemon, 1 sprig of rosemary & ½ crushed garlic clove. Season to taste, then drizzle over the salad & toss. Add 1 sliced cooked skinless chicken breast fillet, toss to combine. Garnish with 5g flaked almonds & serve.	5 4	4	Cook a 50g wholewheat noodle nest to pack instructions, then drain and set aside. Cook 60g Tenderstem broccoli for 3-4 mins in a pan of boiling water until tender. Drain & refiresh under cold water. Whisk together 1 tsp sesame oil, 1 tsp soy sauce, the juice of ½ lime & ½ tsp grated fresh ginger, drizzle over the noodles & toss to coat top with the broccoli, a handful of fresh coriander & 65g cooked king prawns. Garnish with ½ finely sliced spring onion & serve.	7 7	Put 50g lentils in a saucepan, cover with 250ml stock, made with % vegetable stock cube. Bring to the boil then simmer for 20-25 mins. Drain the lentils & transfer to a large bowl. Meanwhile, toast 10g hazefunts in a dry frying pan over a medium heat for 4-5 mins until golden & fragrant. Roughly chop, then mix them into the lentils, along with 1 diced celery stick, 1 diced shallot & 25g spinach. Slice 1 small apple into wedges & remove the core. Toss with ½ fsp. lemon juice. Add to the salad. In a small bowl whisk together ½ thsp olive oil, ½ tsp red wine vinegar & ½ tsp wholegrain mustard. Pour over the salad & toss gently.		4 4	Cook 1 egg in a pan of boiling water for 8 mins, then drain & let cool. Once cooled, peel & halve then set aside. Meanwhile, cook 60g trimmed green beans in a pan of boiling water for 2 mins. Drain & refresh the under cold running water and drain. Combine the beans, 120g lettuce, 50g halved cherry tomatoes, ½ spiralised cucumber, ¼ finely chopped red pepper & ½x 120g tin tuna in spring water (drained & flaked) in a large bowl & set aside. In a jug, whisk together ½ tsp lemon juice, 1 tsp olive oil & ½ tsp Djion mustard. Season. Drizzle the dressing over the salad & toss to coat. Place in a bowl & top with the egg.	4 2	2 2	Mist a nonstick pan with cooking spray, cook ¼ finely chopped red onion for 6-8 mins over a medium heat until soft. Stir in ½ crushed gartic clove, ¼ tbsp smoked paprika, ¼ tbsp ground cumin & ¼ tsp chillip powder, cook for 1 min. Stir in ¼ tbsp tomato purée. Add ½ tin drained & rinsed kidney beans, 100g chopped tomatoes & ½ tbsp water, simmer covered, for 15 mins, remove the lid & cook for another 10 mins, until thickned. Season. In a small bowl, combine ½ tbsp finely chopped fresh coriander & grated zest & juice of ½ lime. Toast 1 slice calorie controlled bread, top with the beans & 35g sliced avocado & drizzle over the coriander dressing.	6	4 4
	Sausage traybake			Salmon with salsa verde		Chicken, chorizo, potato & broccoli traybake			Warm aubergine & pomegranate salad			Chicken Jalfrezi		
Dinner	Combine 1 thsp honey & ½ thsp mustard in a large bowl & then add 8 reduced fat pork sausages, tossing until well coated. Add 500g halved new potatoes, 2 chopped fennel bulbs & deseeded and thinly sliced red & green peppers along with 2 garlic cloves. Season well, spraying with calorie controlled cooking spray. Pour into a large baking tray & transfer to the oven. Roast for 45 mins. Remove from the oven, add 270g cherry tomatoes. Roast for a further 10 mins until the tomatoes are tender. Remove from the oven & serve.	7 7	5	minsFor the salsa verde, blitz 1 garlic clove, 1 tsp capers, 4 small gherkins, a handful each of fresh mint, parsley & basil, 1 tsp Dijon mustard, 2 tbsp extra virgin olive oil, 1 tbsp red wine vinegar & the juice of ½ lemon in a food processor. Season to taste. Boil 600g baby new potatoes for 10 mins & 300g broccoli for 5 mins, then drain. Top 4 steamed salmon fillets with the salsa verde & serve with the potatoes & broccoli.	12 5	Preheat the oven to 200°C, fan 180°C, gas mark 6. Put 800g halved new potatoes, 2 small red onions, cut into wedges, 4 unpeeled, lightly crushed garlic cloves & chopped leaves from 2 sprigs of fresh rosemary into a roasting tin.  Toss together with 1 tisps rapeseed oil & season to taste. Cover with foil & bake for 30 mins. Add 100g sliced chorizo, 1 head of broccoli, cut into florets, & 4 skinless chicken breast fillets to the tin & cook uncovered, for another 20-25 mins, until cooked through & golden.	10 8	8 4	Preheat the grill to medium. Heat a griddle pan over medium-high heat. Put 3 trimmed & sliced aubergines in a bowl. Spray with calorie controlled cooking spray & sprinkle with 1 tbsp Moroccan spice mix. Season & toss to combine. Cook the aubergine slices on the griddle, in batches, for 4-5 mins on each side or until tender. While the aubergine cooks. lightly spray 2 x 60g wholemeal pitta breads with cooking spray & cook under the grill for 2 mins on each side until lightly toasted. Allow to cool slightly, then break into large pieces. Arrange the aubergine, pitta, a handful each of fresh parsley & mint on a large serving platter. Sprinkle with 3 tbsp pomegranate seeds. In a small jug, whisk 2 tbsp balsamic vinegar with the juice & zest of 's lemon. Season, then drizzle over the salad & serve immediately.	3 3	3 3	Mix 4 tsp <b>garam masala</b> , 2 tsp dried coriander, 2 chopped red chillis, 3 crushed garlic cloves & 20g grated ginger with 2 tsp cold water to make a paste. Rub onto 4 skinless chicken breast fillets & set aside. Heat 2 tsp olive oil in a pan & fry 2 sliced onions for 5 mins. Add 2 sliced green peppers, fry for 5 mins, add the chicken & cook for a further 5 mins. Add 2 x 400g tins chopped tomatoes with 4 tbsp water. Cover & simmer on a low heat for 15 mins. Remove the lid, turn the chicken & let the sauce reduce for 3 mins. Meanwhile, cook 240g brown rice to pack instructions. Divide between 4 plates, top with the jalfrezi & serve.	8	6 1
Snac	150g plain soya yogurt with fruit & 12 chopped cashew nuts	4 2	2	WW crisps (any flavour)	2 2	2 150g plain soya yogurt with fruit	2	0 0	2 x 8g salt & vinegar rice cakes	2 2	2 2	150g plain soya yogurt with fruit & 12 chopped cashew nuts	4	2 2
	2 tbsp fresh salsa (no oil) with vegetable crudités	0 0	0	2 tbsp reduced-fat houmous with vegetable crudités	4 4	4 WW bar (any flavour)	2 2	2 2	20g peanut butter & sliced banana on 1 slice toasted calorie controlled bread	5 5	5 5	WW crisps (any flavour)	2	2 2
		21 18	16		29 21	13	27 2	21 1	4	18 1	4 1	4	28	20 15