

Try our FREE 5-day weight-loss meal plan

1 programme - myWW™ - 3 ways to live it

The myWW programme is freeing and flexible for you because it takes your personal needs into account and matches you with a colour plan - Green, Blue or Purple - each with their own customised SmartPoints® Budget to suit your lifestyle.

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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.
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	DAY 1	G	B	P	DAY 2	G	B	P	DAY 3	G	B	P	DAY 4	G	B	P	DAY 5	G	B	P
Breakfast	Overnight oats Layer 40g porridge oats, 200g 0% fat natural Greek yogurt & 150g chopped fruit of your choice. Leave overnight in the fridge or in a container for a few mins before serving chilled.	6	4	0	Avocado & bacon on toast Toast 1 slice of calorie controlled brown bread. Top with 40g mashed avocado & 2 grilled bacon medallions.	5	5	5	Mushroom & tomato omelette Fry 100g button mushrooms in cooking spray for 4-5 mins, add 100g halved cherry tomatoes & 2 chopped garlic cloves, cook for 1-2 mins. Add 1 tbsp chopped basil, season. Set aside then re-mist the pan. Beat 3 eggs, season, then add to the pan. Allow eggs to set, fold the omelette over, top with veg mixture.	5	0	0	Smoked salmon & cucumber on toast Toast 1 slice of calorie controlled brown bread, spread over 1 tsp low fat spread, then top with sliced cucumber & 60g smoked salmon.	4	2	2	Banana pancakes Mix 2 mashed bananas, 1 lightly beaten egg & pinch of salt. Mist a frying pan with cooking spray & heat. Drop a ladleful of the mixture into the pan & swirl. Cook for 2 mins on each side until golden. Repeat so you have 2 pancakes. Serve with 1 tsp 0% fat natural Greek yogurt, berries & 1 tsp agave syrup.	4	1	1
	Lunch	Salmon, lentil & feta salad Combine 200g drained lentils, ¼ sliced cucumber, 2 tbsp pomegranate seeds, 2 tsp pine nuts, 20g light feta, 1 tsp dill & some rocket. Whisk 1 tsp extra virgin olive oil, 1 tsp lemon juice & ½ tsp za'atar. Season then drizzle over the lentil salad. Toss to combine, then stir through 130g cooked salmon fillet chunks.	13	5	5	Roasted veg salad with halloumi Preheat the oven to 200°C, fan 180°C, gas mark 6. Place 120g cubed butternut squash, ½ sliced red pepper, ½ red onion cut into wedges, ½ crushed garlic clove, ¼ tsp dried rosemary & 1 tsp olive oil in a large roasting tin. Season & toss well. Roast for 25-30 minutes, stirring occasionally. Arrange 60g sliced light halloumi on top of the roasted veg, grill for 1-2 minutes or until starting to brown. Scatter over rocket & spinach, toss with the roasted vegetables & halloumi. Drizzle with ½ tsp balsamic glaze.	7	7	7	BLT with chicken Fry 2 bacon medallions over a medium heat for 4-5 mins on each side. Toast 2 slices calorie controlled brown bread & spread with 1 tsp harissa paste. Top one slice with lettuce, sliced tomato, 70g cooked skinless sliced chicken breast & 1 sliced cooked bacon. Season with black pepper & drizzle with lemon juice. Top with the remaining slice of toast to serve.	5	4	4	Mushroom & ham frittata with potato salad Preheat the oven to 200°C, fan 180°C, gas mark 6. Boil 100g halved new potatoes for 10 minutes. Drain, transfer to a serving bowl with 25g watercress & ¼ sliced red onion. Mist a 25cm ovenproof nonstick pan with cooking spray, set over a medium heat & cook ½ sliced mushrooms for 4-5 minutes. Add 20g chopped honey roast ham & 2 lightly beaten eggs, cook for 2-3 minutes. Transfer to the oven, cook for 2 minutes until the top is golden & set. Whisk together ½ tsp olive oil, ¼ tsp balsamic vinegar & ¼ tsp Dijon mustard with ½ tsp water, drizzle over the potatoes & toss to coat.	7	3	1	Nicoise salad 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 spiralsised cucumber, ¼ finely chopped red pepper & ½ can of tuna in a large bowl & set aside. In a jug, whisk together ½ tsp lemon juice, 1 tsp olive oil & ½ tsp Dijon mustard. Season. Drizzle the dressing over the salad & toss to coat. Place in a bowl & top with the egg.	5	2
Dinner		Steak & pepper quesadillas Cook 175g lean thin-cut steak in a frying pan over medium-high heat to your liking using calorie controlled cooking spray. Set aside & rest for 10 mins, then cut into strips. Re-mist the pan, cook 1 red onion, 1 red & 1 yellow pepper, all sliced, for 6-8 mins. Add 1 chopped garlic clove & ½ tsp chilli flakes, cook for 1 min. Layer 50g half-fat Cheddar cheese, the steak & veg & another 50g cheese over 2 WW White Wraps & top with another 2 wraps, press down gently. Re-mist the pan, put over a medium-high heat & cook the quesadillas one at a time for 3-4 mins. Mist the top with cooking spray, then flip & cook for 3-4 mins on the other side until golden. Quarter & serve.	7	7	7	Cod & chickpea curry Heat 1 tbsp rapeseed oil in a large frying pan over a medium heat & cook 2 sliced red onions until soft. Add 2 crushed garlic cloves, 20g grated fresh ginger, 2 red chillies, 1 tsp mustard seeds & 2 tsp turmeric. Cook for 4-5 mins, then add 2 x 400g tins chopped tomatoes & 400g tin chickpeas. Simmer for 15-20 mins, until tomatoes have reduced slightly. Add 500g skinless cod filets & cook for 5 mins over a low heat until cooked through whilst stirring gently. Meanwhile, cook 240g brown rice to pack instructions, divide between plates and serve with the curry.	10	7	1	Turkey & sweet potato chilli Mist a pan with calorie controlled cooking spray & cook 500g turkey breast mince for 5-6 mins, set aside. Re-mist & cook 1 diced onion, 3 crushed garlic cloves & 250g cubed sweet potato, with a splash of water. Cook for 15 mins, adding water if needed. Add 1 tsp hot chilli powder, 400g tin kidney beans in chilli sauce & 400g tin chopped tomatoes. Add 400ml water along with the mince, stir & simmer for 20 mins. Stir in 300g spinach and season. Meanwhile, cook 240g brown rice to pack instructions, divide between plates and serve with the chilli.	12	11	3	Piri Piri chicken with kale rice Mix 1 tsp paprika, 1 tsp dried oregano, ½ tsp chilli flakes, zest of ½ lemon & sprinkle over 4 skinless chicken breasts. Mist a nonstick frying pan with calorie controlled cooking spray & cook the chicken over medium heat until cooked through. Meanwhile, mist a nonstick frying pan with cooking spray & add 100g chopped curly kale, 1 large grated courgette, cook over a medium heat, stirring, for 2 mins. Add 2 x 250g pouches microwavable rice, stir & cook for 2 mins. Remove from the heat. Stir in 250g halved cherry tomatoes, 1 tsp lemon juice & season. Serve the chicken with the kale rice & lemon wedges.	7	6	6	Classic beef burger with chilli chips Preheat the oven to 200°C, fan 180°C, gas mark 6. Cut 1 butternut squash into chunky chips. Mix together 5g garlic granules, 1 tsp cayenne pepper, ½ tsp chilli flakes & sprinkle over the chips in a large roasting tin. Mist with cooking spray then toss to coat. Bake for 35-40 minutes. Meanwhile mix ½ chopped onion, 500g extra lean fat beef mince (5%) & 1 lightly beaten egg until combined. Shape the mixture into 4 patties about 2cm thick. Mist a frying pan with cooking spray & put over a medium heat. Cook the burgers for 15 mins, turning occasionally, until cooked through. Serve each burger in a medium burger bun with lettuce, sliced red onion, gherkin & tomato, with the butternut squash chips on the side.	8	8
	Snacks	3 Mikado Milk Chocolate biscuit sticks	1	1	1	Boiled egg with spinach	2	0	0	0% fat natural Greek yogurt with chopped fruit	2	0	0	15g peanut butter with chopped apple	3	3	3	Boiled egg with spinach	2	0
Boiled egg with spinach		2	0	0	WW Hazelnut Wafer	2	2	2	WW crisps (any flavour)	2	2	2	1 Mini Babybel Light	1	1	1	150g 0% fat natural Greek yogurt with chopped fruit	2	0	0
Fresh fruit salad		0	0	0	150g 0% fat natural Greek yogurt with chopped fruit	2	0	0	1½ tsp reduced-fat houmous with veg crudites	3	3	3	1½ tsp reduced-fat houmous with veg crudites	3	3	3	20g bag Metcalfe's Sweet 'n Salt Popcorn	3	3	3
		29	17	13		28	21	15		29	20	12		25	18	16		24	14	14