

## Pescatarian 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	G	B	P	DAY 2	G	B	P	DAY 3	G	B	P	DAY 4	G	B	P	DAY 5	G	B	P
Breakfast	<b>Porridge &amp; berries</b>				<b>Smoked salmon &amp; cream cheese muffin</b>				<b>French toast with berry compote</b>				<b>Fruit salad</b>				<b>Peanut butter banana pancakes</b>			
	Make porridge with 30g <b>porridge oats</b> and 142ml <b>skimmed milk</b> . Top with <b>berries</b> & sprinkle over a pinch each of <b>ground cinnamon</b> & <b>lemon zest</b> .	5	5	2	Toast 1 <b>wholemeal English muffin</b> then spread with 30g <b>medium fat soft cheese</b> . Top with 30g <b>smoked salmon</b> and 1 tsp <b>capers</b> .	8	7	7	Put 75g <b>frozen berries</b> , 1½ tsp water & ½ tsp <b>honey</b> in a pan & simmer for 3 mins then set aside. Break 1 <b>egg</b> into a bowl, add 1 tbsp <b>skimmed milk</b> , ½ tsp <b>vanilla extract</b> , a pinch of <b>cinnamon</b> & lightly beat. Soak 2 <b>sandwich thins</b> in the egg mixture for 1 min. Mist a pan with <b>cooking spray</b> & cook the thins for 2 mins over medium heat then flip & repeat. Serve with the compote & 1 tbsp <b>0% fat natural Greek yogurt</b> .	10	7	7	Place chopped <b>pineapple</b> , <b>mango</b> , <b>banana</b> , <b>strawberries</b> and <b>blueberries</b> in a bowl. Combine the pulp of ½ <b>passionfruit</b> with the zest and juice of ¼ <b>lime</b> and 1 tbsp <b>coconut water</b> in a small bowl. Pour over fruit and gently stir. Chill, covered, for 30 minutes. Top with sprigs of <b>fresh mint</b> and 12g <b>flaked almonds</b> .	2	2	2	In a bowl, whisk 1½ mashed <b>bananas</b> , 1 <b>egg</b> , a pinch of <b>baking powder</b> & ½ tsp <b>peanut butter powder</b> until combined. Heat a frying pan & mist with <b>cooking spray</b> . Drop a small ladleful of the batter into the pan, cook for 2 mins then flip & cook for another 2 mins. Repeat so you have 2 pancakes. Serve the pancakes topped with sliced <b>banana</b> , <b>blueberries</b> & a sprinkle of <b>ground cinnamon</b> .	1	0	0
Lunch	<b>Welsh rarebit</b>				<b>Roasted broccoli &amp; soba noodle salad</b>				<b>Tuna salad sandwich</b>				<b>Fish finger taco</b>				<b>Salmon &amp; asparagus omelette</b>			
	In a small bowl, mix together 25g <b>medium fat soft cheese</b> , 20g grated <b>half-fat Cheddar cheese</b> , ¼ tsp <b>Worcestershire sauce</b> , ¼ tsp <b>wholegrain mustard</b> with a pinch of <b>black pepper</b> . Lightly toast 2 slices of <b>calorie controlled bread</b> then divide the cheese mixture between each slice, cover with slices of <b>tomato</b> & grill until piping hot. Serve at once, garnished with <b>salad leaves</b> .	6	6	6	Preheat the oven to 200°C, fan 180°C, gas mark 6. Spread out 150g <b>broccoli</b> on a baking sheet and mist with <b>cooking spray</b> . Roast for 20 mins, set aside. Meanwhile, cook 60g <b>buckwheat soba noodles</b> to pack instructions, then drain. Mix together 2 tsp <b>lime juice</b> , 1½ tsp <b>soy sauce</b> , 1 tsp <b>sesame oil</b> & ¼ finely chopped <b>red chilli</b> . Put the noodles & broccoli in a bowl & toss with the dressing, some chopped <b>coriander</b> & 1 sliced <b>spring onion</b> , then serve.	8	8	2	Place 120g tin drained <b>tuna</b> in <b>spring water</b> in a bowl and flake with a fork until very fine. Add ¼ diced <b>red onion</b> , 1 chopped <b>celery stick</b> and 1 tbsp <b>reduced fat mayonnaise</b> & mix well. Top 1 slice <b>calorie controlled bread</b> with the tuna mix, sliced <b>tomato</b> & <b>lettuce</b> , top with another slice of bread.	5	4	4	Bake 2 frozen <b>fish fingers</b> to pack instructions. Cut in half on the diagonal, then set aside. Meanwhile, mash 50g defrosted <b>petits pois</b> in a small bowl. Stir in ¼ chopped <b>green chilli</b> , 1 tsp each chopped <b>fresh mint</b> and <b>coriander</b> , zest and juice of ¼ <b>lemon</b> . Heat a griddle pan over a medium-high heat and griddle 1 <b>WW White Wrap</b> , for 20 seconds on each side, until warmed through. Spread 20g <b>0% fat natural Greek yogurt</b> over the wrap, then top with the peas and fish finger halves. Season, then serve, with <b>salad leaves</b> and a lemon wedge.	7	6	6	Blanch 70g <b>asparagus</b> for 2-3 mins. Drain & chop. Mix with 115g flaked steamed <b>salmon fillet</b> . In a jug, whisk 2 <b>medium eggs</b> with 1 tbsp <b>skimmed milk</b> . Add a handful of chopped <b>fresh chives</b> & season. Heat 1 tsp <b>vegetable oil</b> in a small frying pan. Pour in the eggs & cook for 3-4 mins. Spoon the asparagus & salmon over one side, then fold. Cook for 1 min to warm through, then serve.	12	1	1
Dinner	<b>Lime &amp; chilli marinated fish traybake</b>				<b>Spanish-style tuna steaks with chickpea salad</b>				<b>Mushroom &amp; cashew stir-fry</b>				<b>Courgette &amp; lentil lasagne</b>				<b>Fish &amp; chips</b>			
	Make the marinade by combining 80ml <b>lime juice</b> , 2 finely sliced <b>garlic cloves</b> , 1 finely sliced <b>red chilli</b> & 2 tsp <b>honey</b> in a small bowl, then season well. Put 4 x 80g defrosted, skinless <b>pollock fillets</b> in a dish, pour over the marinade, then cover & marinate in the fridge for 10 mins. Preheat the oven to 200°C, fan 180°C, gas mark 6. Put 200g <b>tenderstem broccoli</b> in a baking tray then mist with <b>cooking spray</b> & put the fish on top. Pour over any leftover marinade & bake for 10 mins. Meanwhile, microwave 2 x 250g pouches <b>basmati rice</b> to pack instructions, then divide between plates. Top with the fish & broccoli & serve garnished with <b>fresh coriander</b> .	7	6	6	To make a marinade, put 2 tbsp olive oil, 1 tsp paprika, 1 crushed garlic clove & 3 tsp red wine vinegar in a screw-top jar & shake well to combine. Pour the marinade into a shallow dish, large enough to hold the tuna steaks in a single layer. Add the tuna & turn to coat. Cover in cling film & chill for at least 30 mins. Meanwhile, combine 1 red pepper, 1 red onion, 200g cherry tomatoes (all chopped) with 400g tin drained & rinsed chickpeas in a large bowl. Drizzle with 1 tbsp white wine vinegar & 2 tsp olive oil. Just before serving, toss 60g spinach through chickpea mixture. Heat a griddle over a medium-high heat. Cook 4 x 140g tuna steaks for 2-3 mins each side or until lightly charred & just cooked through. Serve the chickpea salad topped with the tuna steaks.	7	3	3	Prepare 200g <b>brown rice noodles</b> to pack instructions, drain, set aside. Heat a large nonstick wok over a high heat & toast 60g <b>unsalted cashew nuts</b> for 2 mins. Let cool slightly before roughly chopping. Mist the wok with <b>cooking spray</b> & stir-fry 500g thickly sliced <b>chestnut mushrooms</b> & 1 tsp <b>chilli flakes</b> for 10 mins until the mushrooms are tender & golden – you may need to add a splash of water to stop sticking. Add a 320g pack prepared <b>stir-fry vegetables</b> to the wok & stir-fry for 5 mins, then add the noodles, toasted cashews & 80g <b>black bean stir-fry sauce</b> (we used Blue Dragon). Stir-fry for 1-2 mins until well combined, then serve.	9	9	4	Mist a pan with <b>cooking spray</b> & cook 3 sliced <b>courgettes</b> over a high heat for 10 mins. Remove from the heat, stir in 2 x 400g tins drained <b>lentils</b> , set aside. Mist a pan with cooking spray & fry 2 chopped <b>garlic cloves</b> for 1 min, add 500g <b>passata</b> & heat until beginning to simmer. Stir in 1 tsp <b>balsamic vinegar</b> & 1 tsp <b>dried mixed herbs</b> , remove from the heat. Preheat the oven to 200°C, fan 180°C, gas mark 6. To assemble the lasagne, you will need 200g <b>wholewheat lasagne sheets</b> & 3 balls <b>light mozzarella</b> , roughly torn. Spread a little of the passata sauce into a 1.5-litre baking dish, then layer with ¼ of the lasagne sheets, followed by ¼ of the passata. Scatter over ¼ of the courgette mixture, followed by ¼ of the mozzarella. Repeat 3 times. Cover with kitchen foil & bake for 30 mins, remove the foil & bake for 15 mins until the pasta is cooked through & the cheese is melted, then serve.	13	10	5	Preheat oven to 200°C, fan 180°C, gas mark 6. Put 800g sliced <b>butternut squash</b> on a baking tray, mist with <b>cooking spray</b> & bake for 30 mins. Remove from the oven. Blitz 4 slices <b>calorie controlled bread</b> in a food processor to form crumbs. Transfer to a bowl & stir in the zest of ½ <b>lemon</b> , 3 tsp chopped <b>fresh rosemary</b> & 1 tsp grated <b>vegetarian Italian-style hard cheese</b> . Press 4 x 120g <b>cod fillets</b> into the crumb mixture & put on a baking tray. Mist with cooking spray, bake for 10-12 mins. Meanwhile, cook 175g <b>peas</b> in a pan of boiling water for 4 mins. Drain & crush using a potato masher, stir in 2 tbsp <b>half fat crème fraiche</b> & 1 tbsp chopped <b>fresh mint</b> . In a bowl, combine 150g half fat <b>crème fraiche</b> , 1 tsp <b>Dijon mustard</b> , 1 chopped <b>gherkin</b> , 1 tbsp chopped <b>capers</b> , 2 tbsp chopped <b>fresh parsley</b> to make a tartare sauce. Serve the fish & chips with the mushy peas & sauce on the side.	8	6	6
Snacks	150g <b>0% fat natural Greek yogurt</b> with <b>fresh fruit</b>	2	0	0	<b>Mini Babybel Light</b>	1	1	1	2 tbsp <b>fresh salsa</b> (no oil) with <b>vegetable crudités</b>	0	0	0	<b>WW crisps</b> (any flavour)	2	2	2	Homemade sweet potato fries (150g <b>sweet potato</b> , <b>cooking spray</b> , 1 tsp <b>paprika</b> ) with 1 tbsp <b>reduced fat mayonnaise</b>	6	6	1
	2 tbsp <b>fresh salsa</b> (no oil) with <b>vegetable crudités</b>	0	0	0	2 x 8g <b>salt &amp; vinegar rice cakes</b>	2	2	2	150g <b>0% fat natural Greek yogurt</b> with <b>fresh fruit</b>	2	0	0	150g <b>0% fat natural Greek yogurt</b> with <b>fresh fruit</b>	2	0	0	150g <b>0% fat natural Greek yogurt</b> with <b>fresh fruit</b>	2	0	0
		20	17	14		26	21	15		26	20	15		26	20	15		29	13	8