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.

in the WW app, your 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/ my-ww-recipes.

DAY 1

Breakfast

Mini bagel with 1 Tbsp whipped cream cheese and sliced tomato, with ½ cup orange juice



Lunch

1 cup curry lime chicken salad served on a toasted open-face English muffin, plus a mixed green salad with 11/2 Tbsp vinaigrette dressing





Snacks

Medium (12 fl oz) latte made with low-fat milk



Basil-spinach dip & pita chips





Dinner Roasted chicken with squash and peppers



DAY 2

Breakfast

Smoked salmon and cream cheese muffin





Lunch

OUT FOR MEXICAN 2 fast-food soft tacos with salsa and a side salad



Have SmartPoints® left over? Up to 4 will be automatically rolled over for another day.

Snacks

Hard-boiled egg with fresh veggies



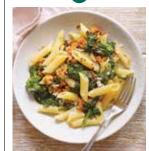
OFFICE PARTY 2 glazed doughnut holes with a cup of milky coffee



Dinner

One-pot penne with broccoli rabe and sausage





DAY 3

Breakfast

Buttermilk-oat pancakes with yogurt and pear





Lunch

Salmon Niçoise salad with lemon-caper dressing





Snacks

3 oz deli-style turkey breast with 6 whole-wheat pita chips



...... Fruit, cheese, and nut plate



Dinner

AT A BAR WITH FRIENDS 12 fl oz light beer and grilled chicken on a bun



Went over your Budget? Tap into your

DAY 4

Breakfast

Egg and Canadian bacon sandwich with avocado and tomato



Lunch

Turkey burger with squash fries





Snacks

24 pistachios, 11 almonds, or 6 cashews, with an apple



1 oz pretzels





Dinner

Spice-rubbed flank steak with fajita vegetables, plus 3 (6-in) corn tortillas and 1/4 avocado



DAY 5

Breakfast

1 cup low-fat plain Greek yogurt with chopped fresh fruit, 2 Tbsp granola, ½ Tbsp chopped walnuts



Lunch

AT A CHINESE RESTAURANT

1 cup wonton soup, 1 cup chicken and broccoli, ½ cup steamed rice



Snacks

Fresh fruit salad



Blue corn nachos





Dinner

Classic lasagna with roasted broccoli





