

WW Meal Plan | Breastfeeding Mums | myWW+ Blue

	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Snack 3*
Day 1	½ cup natural muesli with 1 piece of fresh fruit and 200g low-fat natural yoghurt 11	2 boiled eggs 0	Chicken and capsicum sandwich with basil aioli 8	1 piece of fresh fruit with 10 almonds 2	Beef mince chow mein 9	3 tbs basil pesto with 10 plain rice crackers 11
Day 2	Poached eggs and toast with ½ avocado 8	1 piece of fresh fruit with 200g low-fat natural yoghurt 4	Spinach and tuna rice salad 7	Chocolate pumpkin brownies 5	Mexican turkey meatballs with 1 wholemeal pita bread 8	4 wholemeal crackers with 1 tbs reduced fat cream cheese and ½ sliced tomato 10
Day 3	½ cup natural muesli with 1 piece of fresh fruit and 100g low-fat natural yoghurt 9	Carrot sticks with 2 tbs hummus 3	Egg and salad wrap 6	Strawberry smoothie 8	Thai chicken fried rice 7	4 tbs raw cashew nuts 7
Day 4	Breakfast slice with ½ cup baked beans 4	1 piece of fresh fruit with 200g low-fat natural yoghurt and 10 almonds 6	Beetroot and salmon salad 6	<i>Leftover</i> Chocolate pumpkin brownies 5	Beef and veggie lasagne 7	4 wholemeal crackers with 30g cheddar cheese and ½ sliced tomato 12
Day 5	2 pieces wholemeal toasts with 1 tbs reduced fat cream cheese and ½ sliced tomato 8	1 sliced apple with 1 tbs peanut butter 5	<i>Leftover</i> Beef and veggie lasagne 7	Ricotta and peach toast topper 3	Easy fish stew with 1 wholegrain bread roll 4	3 tbs basil pesto with 10 plain rice crackers 11
Day 6	Banana oat pancakes 7	Carrot sticks with 2 tbs hummus 3	Mexican chicken salad 3	Strawberry smoothie 8	Zucchini and goat's cheese pizza 8	2 wholemeal crackers with 30g cheddar cheese and ½ sliced tomato 7
Day 7	<i>Leftover</i> Breakfast slice with ½ cup baked beans 4	1 piece of fresh fruit with 200g low-fat natural yoghurt 4	Falafel and hummus pita wrap 13	<i>Leftover</i> Chocolate pumpkin brownies 5	Chicken and mushroom stroganoff 5	4 tbs raw cashew nuts 7

*Exclusively breastfeeding mothers only.

To find all recipes and your personalised SmartPoints budget, download the WW app.

