

WW Meal Plan | Breastfeeding Mums | myWW+ Green

	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Snack 3*
Day 1	Carrot cake overnight oats with 200g low-fat natural yoghurt 9	2 tbs hummus with 10 plain rice crackers, ½ carrot and 1 celery stick 5	Chicken, avocado, tomato and cheese melts and 1 piece of fresh fruit 9	Banana and choc-chip muffins 7	Red curry fish with noodles and 1 piece of fresh fruit 9	4 tbs mixed nuts 9
Day 2	1 x Smashed avocado on toast with 2 tbs ricotta cheese and ½ sliced tomato 6	Berry and apple smoothie 8	Turkey, apple and smoked cheddar wrap 7	200g low-fat natural yoghurt with 1 piece of fresh fruit and 2 x Seed and nut sprinkle 7	Mustard steak and 3 veg 11	4 fresh dates with 2 tbs peanut butter 10
Day 3	Scrambled egg with cheese 9	1 sliced apple with 2 tbs peanut butter 10	Lentil and salmon salad 8	1 can of tuna (in vegetable oil, drained) with 2 wholemeal crackers 8	Easy fried rice 5	3 tbs hummus with 10 plain rice crackers, ½ carrot and 2 tbs mixed nuts 10
Day 4	Date and banana porridge and 1 tbs peanut butter 10	4 wholemeal crackers with 30g cheddar cheese and ½ sliced tomato 12	Easy Minestrone soup with 2 pieces of wholegrain bread 7	<i>Leftover</i> Banana and choc-chip muffins 7	Easy pasta bake with a ZeroPoint salad of your choice and 1 piece of fresh fruit 4	1 boiled egg with 1 piece of wholegrain toast, ¼ avocado and 1 x <i>leftover</i> Seed and nut sprinkle 8
Day 5	2 x Smashed avocado on toast with 2 tbs ricotta cheese and ½ sliced tomato 10	1 sliced banana with 3 tbs peanut butter 14	<i>Leftover</i> Easy pasta bake 4	<i>Leftover</i> Easy Minestrone soup 2	Chicken schnitzel 9	4 wholemeal crackers with 30g cheddar cheese and ½ sliced tomato 12
Day 6	3-ingredient banana pancakes with 1 tsp honey and 100g low-fat natural yoghurt 10	4 tbs hummus with ½ carrot and 1 celery stick 6	Rare roast beef sandwiches with pecan romesco 10	2 fresh dates with 1 tbs peanut butter 5	Pork chow mein 9	200g low-fat natural yoghurt with 1 piece of fresh fruit and 3 x <i>leftover</i> Seed and nut sprinkle 9
Day 7	Scrambled egg with cheese 9	Berry and apple smoothie with 1 tbs mixed nuts 10	Haloumi, brown rice and spinach salad and 1 piece of fresh fruit 9	<i>Leftover</i> Banana and choc-chip muffins 7	Roast chicken and mustard yoghurt sauce 5	1 can of tuna (in vegetable oil, drained) with 2 wholemeal crackers 8

*Exclusively breastfeeding mothers only.

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

