

“Lazy cook” meal plan



MONDAY

Breakfast

Anna's 90 second mug muffin breakfast

3

Snack

A piece of fruit and 1 cup of air popped popcorn

0

Lunch

1 rye wrap with 3 slices of deli-style roast turkey, 1 cup of ZeroPoint veggies and 1 tbsp of mustard

6

Snack

2 thin corn cakes, 1/4 small avocado, sliced tomato, slice of light tasty cheese

5

Dinner

Roasted pumpkin, pesto and ricotta pizza

5

Snack

1 small scoop of light ice cream with fruit

4

Total Points Used **23**



TUESDAY

Breakfast

Smashed avocado and egg toast

3

Snack

2 tbsp of hummus with ZeroPoint veggie sticks

2

Lunch

Roasted pumpkin, kale and couscous salad

5

Snack

A piece of fruit with ZeroPoint yoghurt

0

Dinner

Steak and potato salad

6

Snack

Banana and pecan mug muffin

7

Total Points Used **23**



WEDNESDAY

Breakfast

Chocolate, peanut butter and banana overnight oats

5

Snack

A piece of fruit with ZeroPoint yoghurt

0

Lunch

Toasted curried egg sandwich

6

Snack

2 thin corn cakes, 1/4 small avocado, sliced tomato, slice of light tasty cheese

5

Dinner

One-pan chicken and spinach rice

7

Snack

Easy banana cookies

1

Total Points Used **24**



THURSDAY

Breakfast

Anna's 90 second mug muffin breakfast

3

Snack

No bake snack bars

3

Lunch

1 rye wrap with 3 slices of deli-style roast turkey, 1 cup of ZeroPoint veggies and 1 tbsp of mustard

6

Snack

A piece of fruit and 1 cup of air popped popcorn

0

Dinner

One-pot fish and risoni stew

6

Snack

1 small scoop of light ice cream with fruit

4

Total Points Used **22**



FRIDAY

Breakfast

Chocolate, peanut butter and banana overnight oats

5

Snack

A piece of fruit with ZeroPoint yoghurt

0

Lunch

Basic tuna salad with 125g microwave brown rice

6

Snack

No bake snack bars

3

Dinner

Chicken, rice noodle and vegetable stir-fry

8

Snack

Easy banana cookies

1

Total Points Used **23**



SATURDAY

Breakfast

Anna's 90 second mug muffin breakfast

3

Snack

2 tbsp of hummus with ZeroPoint veggie sticks

2

Lunch

Leftover Chicken, rice noodle and vegetable stir-fry

8

Snack

1 piece of fruit

0

Dinner

Garlic mushroom pasta

10

Snack

ZeroPoint yoghurt with mixed berries

0

Total Points Used **23**



SUNDAY

Breakfast

Smashed avocado and egg toast

3

Snack

1 piece of fruit

0

Lunch

Rye wrap with smoked salmon and cucumber

7

Snack

No bake snack bars

3

Dinner

Harissa sausage tray bake

8

Snack

Easy banana cookies

1

Total Points Used **22**

“Lazy cook” eating tips

Not a pro in the kitchen? No problem! Here are our expert-recommended tips and tricks to help you create healthy, balanced meals with ease.

1 Mix up your corn cake toppings - sweet or savoury! Just be sure to track your toppings in the WW app.

2 When making the Roasted pumpkin, pesto and ricotta pizza, roast additional pumpkin to add to lunches the following day. Your future self will thank you.

3 To save time, grab a kale and slaw salad mix from the supermarket for a quick and easy meal, such as the Roasted pumpkin, kale and couscous salad.

4 Check out our [guide on how to boil the perfect egg](#) when making the Smashed avocado and egg toast. Consider boiling extra eggs to use throughout the week.

5 Who doesn't love pasta! Boost the Garlic mushroom pasta by adding ZeroPoint steamed green beans to serve.

6 The Easy banana cookies recipe makes 14 cookies, making them a perfect on-the-go snack to enjoy throughout the week.

7 Canned tuna is a great pantry staple to make mealtimes easier. Add it to the Basic tuna salad, with a microwave brown rice cup for a quick & easy lunch.

8 If you're a fan of Anna's 90 second mug muffin breakfast, search 'mug muffin' recipes in your WW app to discover more delicious flavour combinations.

Time-saving hacks

Try online grocery shopping.

Include quick and easy ingredients, such as microwave rice & veggie pouches or bags of pre-cut salad.

Choose versatile proteins that can be used in a variety of dishes, such as skinless chicken breast.

Batch cook your meals or make enough for leftovers and freeze the extra portions.