

Spring meal plan



MONDAY

Breakfast

2 wheat biscuits with 1 cup of skim milk and fruit

5

Snack

Anna's lemon raspberry bliss bombs

3

Lunch

Basic tuna salad

0

Snack

2 tbsp low fat tzatziki with ZeroPoint veggie sticks

1

Dinner

Spring vegetable risotto

10

Total Points Used 19

TUESDAY

Breakfast

Smashed avocado and egg toast

3

Snack

Double chocolate mug muffin

3

Lunch

Spring vegetable risotto leftovers

10

Snack

A piece of fruit with ZeroPoint yoghurt

0

Dinner

Baked meatballs with springtime salad

7

Total Points Used 23

WEDNESDAY

Breakfast

Tropical overnight oats

8

Snack

A piece of fruit with ZeroPoint yoghurt

0

Lunch

Tropical turkey salad bowl

7

Snack

ZeroPoint air-popped popcorn

0

Dinner

Pork with spicy pineapple chutney

5

Total Points Used 20

THURSDAY

Breakfast

Smashed avocado and egg toast

3

Snack

Double chocolate mug muffin

3

Lunch

Chickpea open sandwich

5

Snack

Cottage cheese, tomato and basil toast topper

2

Dinner

Spring pasta with smoked trout, lemon and zucchini

10

Total Points Used 23

FRIDAY

Breakfast

Tropical overnight oats

8

Snack

A piece of fruit with ZeroPoint yoghurt

0

Lunch

Antipasto rolls

9

Snack

2 tbsp low fat tzatziki with ZeroPoint veggie sticks

1

Dinner

Prawn and pineapple soft tacos

5

Total Points Used 23

SATURDAY

Breakfast

2 wheat biscuits with 1 cup of skim milk and fruit

5

Snack

Anna's lemon raspberry bliss bombs

3

Lunch

Spicy turkey mango and sriracha wraps

10

Snack

ZeroPoint air-popped popcorn

0

Dinner

Spring chicken tray bake

3

Total Points Used 21

SUNDAY

Breakfast

Strawberry and lemon pancakes

5

Snack

Cottage cheese, tomato and basil toast topper

2

Lunch

Basic tuna salad

0

Snack

Anna's lemon raspberry bliss bombs

3

Dinner

Lemony lamb tray bake

8

Total Points Used 18



Your WW guide to spring

As the seasons change, so can your routine—more daylight, please and thank you!—and we're here to guide you through it. Check out our top tips to help you spring into action.

1 See the sunrise

As the weather warms, try and make it outside to catch a sunrise. Studies show that viewing sunlight early in the day helps to regulate circadian rhythm, our built-in clock that plays a role in when people feel alert and when they feel sleepy.

2 Make a ta-da list

If to-do lists are assignments, ta-da lists are accomplishments. The concept is simple: At the end of each day, jot down what you did in a notebook so you can look at and appreciate what you've completed.

3 Go for an awe walk

We're talking about awe - that feeling of wonder and amazement. Nature is a rich source of the stuff and simply experiencing it is associated with greater feelings of compassion, gratitude, and generosity.

4 Sip away sluggishness

You've probably rolled your eyes at someone saying, "Are you drinking enough water?" But did you know that being even mildly dehydrated is linked with greater feelings of fatigue and decreased alertness? Keep a water bottle with you throughout the day as a reminder to drink.

5 Spring clean your fridge

We often overlook the fridge when doing a spring-clean. Say goodbye to items that have stayed past their welcome and restock strategically. Think fruits, vegetables and lean proteins.

6 Write a self-compassion letter

Working toward your wellness goals is about progress, not perfection. So when you (inevitably) encounter a setback, give yourself some grace in the form of self-compassion.

