

Autumn meal plan



MONDAY

Breakfast

Creamy vanilla porridge with cinnamon pears

4

Snack

200g ZeroPoint yoghurt

0

Lunch

Healthy zucchini slice with garden salad

2

Snack

Date spiced apple crumble mug muffin

4

Dinner

Oven-baked pumpkin and porcini risotto

9

Total Points Used 19

TUESDAY

Breakfast

2 x slices multigrain toast topped with poached eggs, baby spinach & sliced tomato

4

Snack

1 small cappuccino with skim milk, no sugar and piece of fresh fruit

2

Lunch

Leftover Oven-baked pumpkin and porcini risotto

9

Snack

2 fresh dates with 1 tbs low-fat ricotta

0

Dinner

Harissa sausage tray bake

8

Total Points Used 23

WEDNESDAY

Breakfast

Creamy vanilla porridge with cinnamon pears

4

Snack

10 raw almonds

2

Lunch

Tuna and corn quesadilla

10

Snack

200g ZeroPoint yoghurt topped with sliced fruit

0

Dinner

Sicilian chicken casserole

5

Total Points Used 21

THURSDAY

Breakfast

2 x slices multigrain toast topped with poached eggs, baby spinach & sliced tomato

4

Snack

200g ZeroPoint yoghurt topped with fruit and 1 tbs natural peanut butter

4

Lunch

Rye wrap with 3 slices 97% fat-free ham, 1 slice extra light cheddar cheese and sliced tomato

6

Snack

Date spiced apple crumble mug muffin

4

Dinner

Hearty lamb and barley soup

4

Total Points Used 22

FRIDAY

Breakfast

Creamy vanilla porridge with cinnamon pears

4

Snack

2 brown rice cakes topped with 1 tbs reduced-fat ricotta cheese & sliced banana

3

Lunch

Cooked chicken breast with 1 tub microwave brown rice and non-starchy salad veggies

6

Snack

3 tbs tzatziki with non-starchy veggie sticks and 10 raw almonds

4

Dinner

Simple fish pie

3

Total Points Used 20

SATURDAY

Breakfast

Veggie lovers' omelette

1

Snack

Date spiced apple crumble mug muffin

4

Lunch

Hoisin pork and nashi pear salad

4

Snack

200g ZeroPoint yoghurt topped with fruit and 1 tbs natural peanut butter

4

Dinner

Beef bulgogi noodle stir-fry

9

Total Points Used 22

SUNDAY

Breakfast

Wendy's fluffy banana bread pancake

3

Snack

Piece of fresh fruit

0

Lunch

Leftover Beef bulgogi noodle stir-fry

9

Snack

1 cup air-popped popcorn

0

Dinner

Roast chicken dinner tray bake

11

Total Points Used 23

Your WW guide to autumn

Are you ready to feel those autumnal vibes? Think vibrant colours and hearty meals full of all the seasonal flavours that autumn brings! To enjoy the cooler months make the most of this season's fruits and veggies, from simple soups to classic casseroles—and keep your weight loss and wellness on track with our top 3 tips!

1 Eat immunity-boosting foods

This time of year is the start of cold and flu season. Focus on whole foods, including those that contain vitamin C, zinc and protein to help boost your immunity. Making nutritious meals a priority can reduce the likelihood and severity of colds. Think beef and bean stews, porridge topped with pumpkin seeds and chopped nuts, seafood soup, hearty stews served with dark leafy greens and delicious fruit crumbles - these are all tailored for staying healthy in the colder months!

2 Get moving outside

Autumn temperatures are cool, crisp and inviting. Soak up the natural beauty of this time of year by walking, jogging, cycling or doing an activity that is enjoyable to you (weather permitting)! If you choose activities you actually enjoy you're far more likely to stick to them for the long term. Take note of your surroundings and enjoy the autumnal shades of red, yellow and orange. Bonus! Heading outside is good for your sense of wellbeing too.

3 Practise mindfulness

Autumn is the perfect time to practise being present, so you're feeling calm, centred and balanced ahead of the bleaker winter months. It helps you focus on what you are doing and avoid getting swept away by regrets about the past or worries about the future. Mindfulness could include - taking 10 deep breaths in and out, noticing things in your surroundings without judgement, or journaling before you go to sleep by writing down what you are grateful for.