

Summer meal plan



MONDAY

Breakfast
Raspberry and passionfruit overnight oats

3

Snack
2 brown rice cakes topped with 1 tbs natural nut spread

7

Lunch
Curried egg salad wrap

3

Snack
Piece of fruit & 1 cup air-popped popcorn

0

Dinner
Summer pesto pasta

8

Total Points Used 21

TUESDAY

Breakfast
2 x slices multigrain toast topped with 2 tbs 97% fat-free cottage cheese & sliced tomato

4

Snack
200g ZeroPoint yoghurt topped with 2 tsp honey & sliced fruit

3

Lunch
Anna's crunchy slaw salad with chicken and sesame peanut dressing

2

Snack
30g mixed nuts

5

Dinner
Crispy fish tacos with lime slaw and mango salsa

8

Total Points Used 22

WEDNESDAY

Breakfast
Raspberry and passionfruit overnight oats

3

Snack
1/2 medium mashed avocado with 10 brown rice crackers & non-starchy veggie sticks

4

Lunch
Turkey, apple and smoked cheddar wrap

6

Snack
Sliced fruit skewers topped with 1 tsp light peanut butter

1

Dinner
Beef, tomato and zucchini kebabs with chutney and a side of mixed salad leaves

8

Total Points Used 22

THURSDAY

Breakfast
2 x slices multigrain toast topped with 2 tbs 97% fat-free cottage cheese & sliced tomato

4

Snack
3 tbs store-bought hummus with non-starchy veggie sticks

3

Lunch
Mango, haloumi and macadamia rocket salad

6

Snack
A piece of fruit with 200g ZeroPoint yoghurt

0

Dinner
Dill and mustard chicken burgers

7

Total Points Used 20

FRIDAY

Breakfast
Raspberry and passionfruit overnight oats

3

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

5

Lunch
Leftover Dill and mustard chicken burgers

7

Snack
Sliced banana with 2 tsp chocolate hazelnut spread

3

Dinner
Rainbow poke bowl with spicy sesame drizzle

5

Total Points Used 23

SATURDAY

Breakfast
3-ingredient banana pancakes with fresh berries

3

Snack
3 tbs store-bought hummus with non-starchy veggie sticks

3

Lunch
Beef, babaganoush and rocket open sandwich

6

Snack
30g mixed nuts

5

Dinner
Honey soy pork and vegetable stir-fry

4

Total Points Used 21

SUNDAY

Breakfast
Cafe-style smashed avo with poached eggs

6

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

4

Lunch
Chicken and mango kebabs with coleslaw

0

Snack
1 small scoop of light ice cream

4

Dinner
Meatball, tomato and bocconcini tray bake

7

Total Points Used 21

Your WW guide to summer

Goodbye, gloomy days inside. Hello sunshine, socialising, and success! It's summer—the season of saying “yes”. Yes to long walks, yes to an outdoor barbecue, yes to catch-ups with family and friends, and—of course—yes to putting your health first. Check out our top summer tips!

1 Plan ahead

Summer is the season of celebration, and with that comes lots of delicious food and beverages. For weeks where you have events, try to plan ahead and don't forget to save your rollovers for these special occasions—this can make staying on track easier!

2 BYO your favourite snacks

When headed to social gatherings, bring a plate of food by prepping your favourite low-Point snacks to enjoy and share with those around you! Plus, look for options that contain ZeroPoint foods, your go-to nutritional powerhouses.

3 Stay hydrated

We often mistake thirst for hunger, especially during the warmer months. So make sure you're well hydrated before you start eating to prevent biting off more than you should chew. Add flavour and colour to your water, such as citrus slices or berries.

4 Eat the rainbow

If your plate contains a mix of bright and diverse coloured vegetables, it's more likely you'll be sitting down to a nutritious meal, so look for the rainbow!

5 Become a BBQ master

Make the most of deliciously sweet summer fruit by grilling it on the BBQ! This brings out the fruit's natural flavour and is a great addition to both sweet and savoury meals. And make the most of outdoor cooking by barbecuing steaks and cooking them to your liking.

6 Enjoy yourself!

Remember to enjoy yourself, that's most important! This journey is not about depriving yourself of anything—especially occasions and seasons that bring joy! If you want it, and it's worth it to you, get it and love every bite! And if you enjoy a little more than you planned, it's OK. It's what you do next that matters most.

