

A week in the life of Jackie London

MS, RD, CDN

Before joining us at WW, Jackie was the nutrition director at *Good Housekeeping* and senior clinical dietitian at the Mount Sinai Hospital. She's also your nutrition guru for your first four weeks—find her in the WW app!

breakfast	lunch
Mon avocado toast with hard-boiled egg & fresh fruit (my usual!) SmartPoints® value: 5	Greek yogurt tuna salad, tomato & mozzarella salad, corn tortilla chips 8
Tues  5	Monday's tuna in a sandwich, carrots with hummus 8
Wed 5	Lunch bowl with Tuesday's veg & sweet potatoes, topped with fried egg 4
Thurs 5	Make salad with Tuesday's salmon & veggies, corn tortilla chips 6
Fri Overnight oats w/berries & nuts 8	LUNCH ON THE GO Tuesday night's leftovers in a thermos 9
Sat Overnight oats w/berries & nuts 8	Frozen shrimp with cauliflower fried rice 2
Sun ≡BRUNCH≡ → 0	Cheesy scrambled eggs, baked oven fries, salad 10

insider tip

Want your own meal planner? Pick up our 52-Week Meal Planner at your Studio or at WW.com/shop.

dinner	snacks
Mon Meatless Monday! Double batch of WW chickpea pasta primavera 7	Fruit, yogurt with cashew butter 3
Tues Big batch of roasted veggies & sweet potatoes, broiled salmon 9	Fruit, pistachios 3
Wed Chop some of Tuesday's salmon & add to Monday's extra pasta primavera 7	Ice cream 8
Thurs Frozen cauliflower crust pizza & make a salad 10	Yogurt with frozen cherries, pistachios 3
Fri WW slow-cooker 3 bean chili, corn tortilla chips, wine  8	Fruit, WW popcorn 2
Sat CHEF'S NIGHT OFF! 😊 Order in! Have some wine!  USE SOME WEEKLIES! 0	Apple with cashew butter, yogurt with frozen cherries 3
Sun Fridge-cleanout stir-fry with remaining frozen shrimp & brown rice 4	Fruit, ice cream 8