

/ day 1 /



**breakfast**

5

**Bircher muesli with peaches**

Blitz ½ peach add 90ml unsweetened almond milk, 40g porridge oats, 60g fat-free natural yogurt, ¼ tsp vanilla extract. Stir, then chill.

Serve with ½ sliced peach, 1 tsp flaked almonds & ½ tsp honey.

**lunch**

4

**Tuna tapenade salad**

5g olive tapenade, 140g tuna steak. Griddle for 1-2 mins on each side, then remove & rest for 5 mins. Put 1 chopped tomato, ¼ sliced cucumber, ¼ sliced red onion, 20g light feta & 5 sliced olives in a bowl. Whisk together 1 tsp olive oil, 1 tsp red wine vinegar, ¼ tsp dried oregano & 10g fat-free yogurt. Pour over the salad, serve with the tuna.

**1 tsp reduced-fat houmous with crudites**

2

Fresh fruit

0

**dinner**

4

**Chicken palliard**

Flatten 165g skinless chicken breast fillet, marinate with the zest of ½ a lemon & ½ tsp dried oregano. Season, seal & set aside in the fridge until needed. Sauté 200g boiled & sliced new potatoes for 4-5 mins. Add to 80g cooked green beans. Fry the chicken for 3 mins on each side, until lightly golden & cooked through. Serve with the potatoes & beans.



/ day 2 /

**breakfast**

5

**Avocado toast**

Spread 50g mashed avocado onto 2 toasted slices calorie controlled brown bread & top with 5 chopped cherry tomatoes & a pinch of dried chilli flakes.

**lunch**

3

**Ham, mozzarella & artichoke omelette**

Whisk 2 eggs & 20ml semi-skimmed milk. Cook for 2-3 mins, moving the eggs around the pan, until set. Top with 30g wafer thin ham, 40g artichoke hearts, 25g mozzarella. Fold & cook for 2 mins. Serve with salad.



**snacks**

**150g 0% fat Greek yogurt & berries**

0

**WW Peanut Curls**

2



**dinner**

6

**Cod, chorizo & chickpea traybake**  
SERVES 4

Roast 2 finely sliced red onions, 300g quartered tomatoes, 270g cherry tomatoes & 100g sliced chorizo drizzled with 1 tbsp olive oil for 10 mins. Remove from the oven & stir in 400g tin drained chickpeas & 100g roasted red peppers in brine. Brush 600g cod with ½ tsp oil & sprinkle over ½ tsp smoked paprika. Arrange the fish on top of the vegetable mixture & roast for 12-15 mins, until the fish is cooked through & flakes easily.

/ day 3 /

**breakfast**

5

**Bircher muesli with peaches**

See day 1

**lunch**

3

**Satay vegetable noodles**

Make a dressing by mixing together ½ tsp peanut butter powder, ½ tsp lime juice, 1 tsp agave syrup, ½ tsp soy sauce, ½ tsp sesame oil, ½ tsp rice wine vinegar, 1 tsp ginger, ½ tsp chilli sauce & a pinch of chilli flakes. Pour over spiralised carrot, parsnip & courgette (50g each), 20g shredded cabbage. Mix together & top with 1 sliced spring onion.



**snacks**

**20g tortilla chips with 2 tbsp fresh salsa**

3

**Fresh fruit**

0



**dinner**

1

**Aubergine parmigiana bake**  
SERVES 4

Slice 2 aubergines, place on a large baking sheet & mist with cooking spray. Grill for 3-5 mins on each side, until golden. Mist a pan with cooking spray & fry 1 finely diced onion with 2 tbsp water for 4-5 mins, until softened. Add 1 crushed garlic clove & 1 tsp dried oregano. Cook for 1 min. Pour in 400g tinned tomatoes, cook for 15-20 minutes, until thickened. Add 2 tbsp chopped basil. Put a third of the sauce in a baking dish & cover the base, top with half of the aubergine slices, then another third of the sauce, followed by the remaining aubergine slices & the remaining sauce. Combine 15g fresh breadcrumbs & 30g vegetarian Italian-style hard cheese & sprinkle over the top. Bake for 25 mins.

/ day 4 /

**breakfast**

5

**Avocado toast**

See day 2



**lunch**

5

**Salmon, white bean & pasta salad**

Cook 40g chickpea fusilli to pack instructions. Whisk together 20ml chicken stock, 10ml red wine vinegar & 1 tsp olive oil. Then add to the cooked pasta along with, 2 tbsp cannellini beans, 55g tinned pink salmon, 10g roasted red peppers, 1 tsp capers & ¼ sliced red onion. Toss to combine.

**snacks**

**150g 0% fat Greek yogurt & fruit**

0

**WW Peanut Curls**

2

**dinner**

7

**Beef stroganoff with celeriac mash**  
SERVES 4

Cook 1 celeriac in a pan of boiling water for 25-30 mins. Drain, mash with 40g low-fat spread. Heat 1 tsp vegetable oil in a frying pan & add 300g sirloin steak. Cook for 1-2 mins on each side, set aside. Add 1 sliced onion to the pan & cook for 6-8 mins, add 2 finely chopped garlic cloves, 1 tsp paprika & cook for 1-2 mins. Add 1 sliced green pepper & 400g sliced mushrooms, fry for 5-6 mins. Add 150ml beef stock (made with 1 stock cube), 1 tsp lemon juice & 1 tsp Dijon mustard. Slice the steak into strips & add to the pan with its juices, simmer for 3 mins. Stir 125g half fat crème fraiche into the stroganoff, season, serve with the mash & 300g steamed green beans.



/ day 5 /

**breakfast**

5

**Chunky monkey breakfast pizza**

Combine 1½ tbsp chocolate peanut butter powder with 1 tbsp water until smooth. Split 1 brown sandwich thin & spread the chocolate mixture evenly across the two halves. Top each half with banana slices & sprinkle with 1 tsp coconut flakes.



**lunch**

4

**Spinach & soft cheese frittata**

SERVES 4

Heat 150g spinach in a frying pan for 5 mins, set aside. Mist the pan with cooking spray & add 1 finely chopped onion, 1 chopped pepper, fry for 5 mins. Return the spinach to the pan & pour 6 lightly beaten eggs into pan & spoon over 100g reduced-fat soft cheese with onion & chives. Cook for 3-4 mins, then place under the grill for 5 mins, or until the top is golden & set. Serve with 600g boiled new potatoes.

**snacks**

**1 tsp reduced-fat houmous with 100g crudites**  
**100g strawberries**

2

0



**dinner**

3

**Miso glazed salmon with braised leeks**  
SERVES 4

Preheat the oven to 200°C, fan 180°C, gas mark 6. Combine 3 thinly sliced leeks, 2 tsp butter & 25ml water in a large pan, cook for 10 mins, until soft & translucent. Put 4 x 130g salmon fillets on baking tray. Combine 1 tsp ginger with 1½ tsp soy sauce & spoon over the salmon. Bake for 10-12 mins. Combine 1 tsp softened butter, 1 tsp ginger, 1½ tsp white miso paste, 1 tsp honey, 1 tsp rice vinegar in a small bowl, spoon over the salmon & bake for another 2 mins. Divide the leeks between plates, top with the salmon & garnish with chopped spring onion.