

# Vegetarian 5-day meal plan

Type the recipe name into the search bar in the WW app to see your unique PersonalPoints™ value

**DAY 1**

BREAKFAST

**Chia & coconut Bircher muesli with blueberry compote**

1-5

LUNCH

**Pasta salad with peas & garlicky tomatoes**

1-6

SNACKS

**1 tbsp reduced-fat houmous with 100g crudites**

2

Peach

0-1

DINNER

**Honey & mustard veggie sausage traybake**

8-11



**DAY 2**

BREAKFAST

**Ricotta & peach toast topper**

4-5

LUNCH

**Spiced courgette soup**

0-1

SNACKS

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

0-2

**WW Caramel Nougat Delight Bar**

3



DINNER

**Veggie wraps**

6-8



**DAY 3**



BREAKFAST

**Chia & coconut Bircher muesli with blueberry compote**

1-5

LUNCH

**Houmous & griddled veg wrap**

5

SNACKS

**1 tbsp reduced-fat houmous with 100g vegetable crudites**

2

**150g strawberries**

0-1



DINNER

**Cauliflower curry**

6

**DAY 4**



BREAKFAST

**Ricotta & peach toast topper**

4-5

LUNCH

**Spiced courgette soup**

0-1

SNACKS

**1 tbsp reduced-fat houmous with 100g vegetable crudites**

2-5

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

0-2

DINNER

**Egg fried noodles**

2-9

**DAY 5**

BREAKFAST

**Chia & coconut Bircher muesli with blueberry compote**

1-5

LUNCH

**Mediterranean omelette**

3-9



SNACKS

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

0-2

**WW Caramel Nougat Delight Bar**

3

DINNER

**Aubergine parmigiana bake**

1

# Standard 5-day meal plan

Type the recipe name into the search bar in the WW app to see your unique PersonalPoints™ value

## DAY 1



### BREAKFAST

**Bircher muesli with peaches**

2-7

### LUNCH

**Tuna tapenade salad**

4-7

### SNACKS

**1 tbsp reduced-fat houmous with 100g crudites**

2

**100g strawberries**

0-1



### DINNER

**Chicken Palliard**

0-8

## DAY 2

### BREAKFAST

**Avocado toast**

3-6

### LUNCH

**Ham, mozzarella & artichoke omelette**

3-8



### SNACKS

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

0-2

**WW Peanut Curls**

2

### DINNER

**Cod, chorizo & chickpea traybake**

6-9



## DAY 3

### BREAKFAST

**Bircher muesli with peaches**

2-7



### LUNCH

**Satay vegetable noodles**

1-2

### SNACKS

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

3

**WW Belgian Milk Chocolate Bar**

3

### DINNER

**Aubergine parmigiana bake**

1



## DAY 4



### BREAKFAST

**Avocado toast**

3-6

### LUNCH

**Salmon, white bean & pasta salad**

5-8

### SNACKS

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

0-2

**WW Peanut Curls**

2



### DINNER

**Beef stroganoff with celeriac mash**

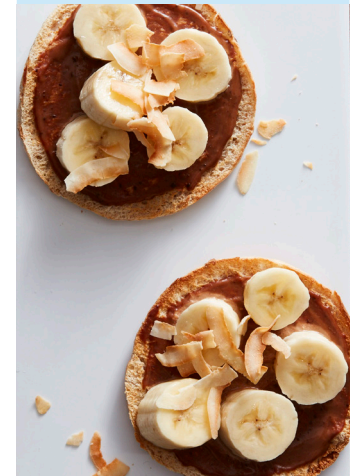
7

## DAY 5

### BREAKFAST

**Chunky monkey breakfast pizza**

5-9



### LUNCH

**Spinach & soft cheese frittata**

1-7

### SNACKS

**1 tbsp reduced-fat houmous with 100g crudites**

2

**100g strawberries**

0-1

### DINNER

**Miso glazed salmon with braised leeks**

3-9