



KickStart

Eat what you love with our 5-day plan - Part 1



A great start!

In this booklet you'll find 5 days of meal ideas to help you kickstart your journey on our *myWW*[™] programme. Whether you follow the menu plan day-by-day or mix and match, you'll have plenty of delicious choices that everyone will love.

Share your favourites with the WW community on Connect, and see other member's favourites, using **#kickstart**.

Recipe info



Tells you the SmartPoints[®] value per serving for each plan



Vegetarian



Vegan



Gluten free



Dairy free



Nut free

Day 1

Breakfast

Scrambled eggs with chives & smoked salmon

Serves 1, Prep 5 mins,
Cook 5 mins



Calorie controlled
cooking spray

2 eggs

60g smoked salmon

1 tsp fresh chives, snipped

1. Lightly mist a nonstick frying pan with cooking spray and set over a medium heat.
2. Whisk the eggs in a jug and season well. Pour into the frying pan and cook, stirring, for 3-4 minutes until softly scrambled. Remove the pan from the heat.
3. Serve the scrambled eggs topped with the smoked salmon and garnished with chives.



Lunch

Baked sweet potato with chilli chicken & avocado

Serves 1, Prep 20 mins,
Cook 1 hour



150g sweet potato

Calorie controlled cooking
spray

½ small red onion, finely
chopped

1 celery stick, finely chopped

½ garlic clove, crushed

½ red chilli, deseeded and
finely chopped

Pinch ground cumin

½ x 400g tin chopped
tomatoes



60g cooked skinless chicken breast, shredded

20g avocado, chopped

1 tsp fresh coriander, roughly chopped

1. Preheat the oven to 200°C, fan 180°C, gas mark 6. Line a large baking tray with baking paper. Place the potato on the prepared tray and bake for 1 hour or until cooked through.
2. Meanwhile, mist a nonstick frying pan with cooking spray and set over a medium-high heat. Cook the onion and celery, stirring, for 5 minutes or until softened. Add the garlic, chilli and cumin and cook, stirring, for 30 seconds or until fragrant.

3. Add the tomatoes and bring to the boil. Reduce heat and simmer, covered, stirring occasionally, for 10 minutes or until thickened. Add the chicken and cook, uncovered, for 2 minutes, until heated through.
4. Combine the avocado and coriander in a small bowl. Cut a lengthways slit in the potato and squeeze to open. Fill with the chicken mixture and serve topped with the avocado and coriander.

Snack

Blue cheese & pear toast

**Serves 1, Prep 5 mins,
Cook 3 mins**



1 ripe pear

½ tbsp lemon juice

25g low-fat soft cheese

15g Stilton, crumbled

20g slice WW Soft Malted Danish Bread

10g rocket

1. Halve, core and slice the pear into thin wedges, then put in a small bowl and toss with half the lemon juice to stop from turning brown. Set aside.
2. In a small bowl, mix the soft cheese with 5g of the Stilton and the remaining lemon juice, then season to taste.
3. Toast the bread. Spread with the soft cheese mixture, then top with the rocket and pear. Crumble over the remaining Stilton, then serve.



Dinner

Wholewheat spaghetti Bolognese

Serves 4, Prep 10 mins, Cook 55 mins

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2 tsp olive oil

1 onion, finely diced

2 carrots, finely chopped

**400g extra-lean pork mince
(5% fat)**

400g tin chopped tomatoes

**2 courgettes, cut into
1cm cubes**

240g wholewheat spaghetti

**Handful fresh basil,
chopped, to serve**

1. Heat the oil in a large pan set over a medium-high heat. Add the onion and carrots and cook, stirring occasionally, for 3 minutes or until soft. Add the mince and cook for 4 minutes until browned.
2. Add the chopped tomatoes and courgettes to the pan and bring to a boil. Reduce the heat to low and simmer for 45 minutes. Season well.
3. Meanwhile, cook the spaghetti in boiling salted water to pack instructions. Drain, then toss the pasta through the Bolognese sauce. Divide between plates to serve and garnish with basil.



Day 2



Breakfast

Chocolate, peanut butter & banana overnight oats

Serves 1, Prep 10 mins + chilling time



1 banana, plus extra to serve

30g porridge oats

120ml unsweetened almond milk

2 tbsp chocolate peanut butter powder (we used PBFit)

1. Mash half of the banana in a bowl, chop the remaining half and add to the bowl with the remaining ingredients and a pinch of salt.
2. Stir, cover and refrigerate overnight. When ready to serve, remove from fridge, stir and serve topped with extra sliced banana and fresh fruit (optional).

Snack

Herb & garlic popcorn

Serves 1, Prep 5 mins, Cook 5 mins



20g popcorn kernels

1 tsp fresh chives, chopped

1 tsp fresh parsley, chopped

¼ tsp fresh rosemary, chopped

Zest of ¼ lemon

Pinch garlic salt

Calorie controlled cooking spray

1. Put the kernels in a large microwave-safe bowl and cover with a vented lid or a plate. Microwave on High for 3-4 minutes, or until there's about 5 seconds between pops. Be careful when you take the lid off, as it'll be steaming hot!
2. Mix the fresh herbs with the lemon zest and garlic salt. Mist the popcorn with cooking spray, scatter over the herby topping and mix well to combine.





Lunch

Mushroom Florentine omelette

Serves 1, Prep 15 mins, Cook 15 mins

7

3

3



Calorie controlled cooking spray

½ small onion, finely sliced

1 garlic clove, crushed

75g button mushrooms, quartered

75g chestnut mushrooms, quartered

1 portobello mushroom, thickly sliced

50g spinach

2 eggs

50ml skimmed milk

1 tbsp chopped fresh flat-leaf parsley, plus extra leaves, to serve

20g ricotta

1 tsp grated vegetarian Italian-style hard cheese, to serve

1. Mist a large nonstick frying pan with cooking spray and set over a medium-high heat. Add the onion and cook, stirring, for 6-8 minutes or until softened. Add the garlic and all of the mushrooms and cook, stirring, for 5 minutes until the mushrooms are golden. Add the spinach and cook for 1 minute until wilted. Remove the pan from the heat, season to taste and set aside.
2. Whisk together the eggs, milk and chopped parsley in a large jug until combined, then season to taste. Lightly mist a small nonstick frying pan with cooking spray and set over a medium-high heat.

Pour the egg mixture into the pan and cook for 30 seconds or until the base is set. Using a spatula, draw the edges of the omelette into the centre to allow the uncooked egg mixture to run underneath. Cook for a further 2-3 minutes or until almost set.

3. Spoon the mushroom mixture over half the omelette, then dot over the ricotta. Fold the omelette over to enclose the filling.
4. Slide the omelette onto a plate and serve topped with the extra parsley leaves and the grated cheese.

Dinner

Chicken katsu curry

Serves 4, **Prep** 20 mins,

Cook 30 mins



50g plain flour

75g panko breadcrumbs

2 large eggs, lightly beaten

4 x 165g skinless chicken breast fillets

Calorie controlled cooking spray

240g brown rice

70g rocket

100g sushi ginger

FOR THE KATSU SAUCE:

Calorie controlled cooking spray

1 onion, roughly chopped

2cm piece fresh ginger, peeled and grated

1 large garlic clove, crushed

1 tbsp medium curry powder

1 tbsp plain flour

400ml chicken stock, made with 1 stock cube

½ tbsp light soy sauce

2 tsp maple syrup

1. Line a baking tray with baking paper and place a wire rack on top. Preheat the oven to 200°C, fan 180°C, gas mark 6.
2. Put the flour, breadcrumbs and eggs into 3 shallow bowls. Put the chicken fillets between two pieces of nonstick baking paper and bash with a rolling pin until the chicken is about 1cm thick.

3. Dip each of the chicken fillets in the flour, then the egg and finally the breadcrumbs. Mist a large frying pan with cooking spray and put over a medium heat. Once hot, add the chicken and cook for 1 minute each side until golden, then transfer to the wire rack on the baking tray and cook in the oven for 10 minutes.
4. Meanwhile, cook the rice to pack instructions.
5. While the chicken and rice are cooking, make the sauce. Mist a large nonstick pan with cooking spray and put over a medium heat. Add the onion and cook for 6-8 minutes until softened, then

add the ginger and garlic and cook for 1 minute. Add the curry powder and flour and cook for a further 1 minute.

6. Gradually stir in the stock, then add the soy sauce and syrup, stirring to combine. Bring to a boil, then reduce the heat and simmer for 10 minutes, until thickened. Allow the sauce to cool slightly, then transfer to a blender and blitz until smooth. Season to taste.
7. Toss the rocket with the sushi ginger. Divide the rice between plates, slice the chicken and serve with the sauce drizzled over, with the salad on the side.



Day 3

Breakfast

Granola with raspberries

Serves 1, Prep 5 mins



20g granola
(we used Morrison's)

1 tsp toasted flaked almonds

100g fat-free natural yogurt

50g fresh raspberries



1. Mix the granola with the almonds in a bowl, then top with yogurt and a handful of raspberries.



Lunch

Salmon, asparagus & lentil salad

Serves 1, Prep 10 mins,
Cook 20 mins



40g dried Puy lentils

30g frozen peas

100g asparagus, sliced
diagonally

½ celery stick, finely
chopped

15g watercress

2 tsp fresh dill, chopped

105g tin red salmon, drained
and flaked



FOR THE DRESSING

2 tbsp fat-free natural yogurt

1 tsp wholegrain mustard

Squeeze of lemon juice

1. Bring a pan of water to the boil and cook the lentils for 20 minutes, or until tender. Add the peas and asparagus for the last 5 minutes.
2. Drain well and stir through the chopped celery, watercress and dill. Mix in the salmon.
3. Whisk together all the dressing ingredients in a small bowl, and drizzle over the salad to serve.

Snack

Peanut butter cookies

Makes 16, **Prep** 10 mins,
Cook 12 mins



100g low-fat spread

125g golden caster sugar

75g light brown soft sugar

1 egg

½ tsp vanilla extract

200g self-raising flour

65g crunchy peanut butter

1. Using a stand mixer, cream the spread and sugars in a large mixing bowl until smooth and thick. Beat in the egg and vanilla extract, then sift in the flour and a large pinch of salt and mix until just combined. Stir in the peanut butter and mix until combined. Cover and chill for 3 hours.
2. Preheat the oven to 200°C, fan 180°C, gas mark 6. Line two baking sheets with baking paper. Form the mixture into 16 walnut-sized balls and put them on the sheets, leaving plenty of room for the cookies to spread. Use the back of a wet spoon to flatten the tops of the cookies slightly, then bake for 10-12 minutes or until golden at the edges.
3. Leave the cookies on the baking tray for 5 minutes to firm up, then transfer to a wire rack to cool completely.



Dinner

Roasted cherry tomato risotto

Serves 4, Prep 10 mins, Cook 15 mins



600g cherry tomatoes

Calorie controlled cooking spray

Balsamic vinegar

1 onion, chopped

1 garlic clove, crushed

250g buckwheat

750ml vegetable stock, made with 1 stock cube

3 tbsp roughly torn fresh basil

1. Preheat the oven to 200°C, fan 180°C, gas mark 6.
2. Mist the cherry tomatoes with cooking spray, drizzle over the balsamic vinegar and season. Put on a baking tray and roast for 8-10 minutes.
3. Meanwhile, mist a heavy-based saucepan with cooking spray and cook the onion for 5 minutes. Add

the garlic, cook for 1 minute, then add the buckwheat. Add the hot vegetable stock, stirring regularly until all the liquid is absorbed and the buckwheat is tender – about 12-14 minutes.

4. Stir in the tomatoes and basil to serve.





Day 4

Breakfast

Turkey, egg & avo breakfast

Serves 1, **Prep** 5 mins,
Cook 3 mins



20g slice WW Soft Malted Danish Bread

80g avocado, peeled and de-stoned

1 slice wafer thin turkey

1 small tomato, thickly sliced

1 egg

25g rocket

1. Toast the bread.
2. In a small bowl, mash the avocado, then spread it over the toast. Top with a slice of wafer-thin turkey and slices of tomato.
3. Crack the egg into a pan of simmering water and poach for about 3 minutes until the white is just set and the yolk is still soft. Remove from the pan with a slotted spoon and drain on a plate lined with kitchen paper.
4. Put the poached egg on top of the toast slice. Season to taste and serve with some rocket on the side.

Snack

Root veg chips with a spicy yogurt dip

Serves 4, **Prep** 15 mins,
Cook 55 mins



2 beetroot

200g potato

450g butternut squash

2 tsp sunflower oil

150g fat-free natural yogurt

2 tsp ras el hanout

1. Preheat the oven to 220°C, fan 200°C, gas mark 7. Scrub and peel the beetroot and cut into 1.5cm-thick chips. Put the chips in a roasting tin. Peel and slice the potato and squash into 1.5cm-thick chips and put them in another roasting tin.
2. Drizzle the oil over the vegetables, season well, and toss with your hands to coat, then arrange in a single layer in the tins. Bake for 50–55 minutes, turning every 20 minutes, until the chips are cooked through and golden brown.
3. Meanwhile, in a small bowl, combine the yogurt with the ras el hanout and season well. Serve with the chips.





Lunch

Mediterranean tuna salad

Serves 1, Prep 15 mins,
Cook 15 mins



60g baby new potatoes

1 Little Gem lettuce, leaves torn

50g cherry tomatoes, halved

½ cucumber, trimmed and thickly sliced on the diagonal

¼ red pepper, deseeded and chopped

1 radish, trimmed and very thinly sliced

20g pitted Kalamata olives in brine, drained and sliced

120g tin tuna in spring water, drained and flaked

FOR THE DRESSING

½ tbsp freshly squeezed lemon juice, plus lemon slices to serve

1 tsp olive oil

½ garlic clove, crushed

¼ tsp dried oregano

1. Put the potatoes in a small pan, cover with cold water and bring to a boil. Cook for 12 minutes, until tender. Drain and set aside to cool, then cut into thick slices.
2. Combine the cooked potatoes, lettuce, tomatoes, cucumber, pepper, radish, olives and tuna in a large bowl; set aside.
3. In a small jug, whisk together the lemon juice, oil, garlic and oregano. Season to taste.
4. Drizzle the dressing over the salad and toss to combine. Divide between bowls and serve with the lemon slices.

Snack

150g fat-free natural yogurt & fresh fruit

Serves 1, Prep 5 mins



Dinner

Sweetcorn & carrot fritters

Serves 4, Prep 20 mins, Cook 25 mins

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2 x 198g tins sweetcorn, drained

2 large carrots, coarsely grated (you'll need about 150g)

1 small garlic clove, crushed

1 tsp ground cumin

2 tsp smoked paprika

80g self-raising flour

5 eggs

Calorie controlled cooking spray

FOR THE CHICKPEA SALAD

100g fat-free natural yogurt

Juice of 1 lemon

2 x 400g tins chickpeas, drained and rinsed

350g cherry tomatoes, quartered

1 small red onion, finely sliced

Small handful fresh flat-leaf parsley, finely chopped, plus extra to serve

1. Preheat the oven to 160°C, fan 140°C, gas mark 3. Put the sweetcorn, carrots, garlic and spices into a bowl and stir to combine. Season to taste, then stir in the flour. Beat 1 of the eggs, then add to the mixture and mix well. Form the mixture into 8 patties, then transfer to a plate and set aside.
2. Mist a large nonstick frying pan with cooking spray and

set over a medium-high heat. Fry the patties in batches of 4 for 3 minutes on each side, until just golden. Transfer to a baking sheet and keep warm in the oven, then repeat with the remaining patties.

3. Wipe the pan clean, then mist with more cooking spray and fry the remaining eggs for 3-4 minutes, or until the whites are set and the yolks are still soft.
4. Meanwhile, to make the chickpea salad, combine the

yogurt and lemon juice in a small bowl, then season to taste. In a separate bowl, toss together the chickpeas, tomatoes and red onion, then spoon over the yogurt mixture. Scatter over the parsley and toss to combine.

5. Serve the fritters with the fried eggs and chickpea salad, with the extra parsley and some freshly ground black pepper scattered over.



Day 5

Breakfast

Apple & cinnamon pancakes

Serves 1, **Prep** 5 mins,
Cook 10 mins



2 tsp lemon juice

1 apple, half diced and half cut into thin wedges

Pinch ground cinnamon

1 egg, beaten

3 tbsp fat-free natural yogurt

1 tsp golden caster sugar

40g plain flour

½ tsp baking powder

Calorie controlled cooking spray

1 tsp maple syrup

1. Place the apple wedges into a small bowl and add 1 tsp of the lemon juice to stop them from browning.

2. In a small saucepan, heat the diced apple over a low heat with 1 tbsp water and the cinnamon.

3. In a bowl whisk together the egg, yogurt, sugar and the remaining lemon juice. Then add the flour and baking powder and fold in to make a smooth batter.

4. Mist a pan with cooking spray and set over a medium-high heat. Add 4 ladlefuls of the batter to the pan and cook for 2-3 minutes, until the underside of the pancakes are firm and golden. Add the apple wedges to the pancakes before flipping. Flip the pancakes and cook for a further 2 minutes until they're cooked through.

5. Serve the pancakes topped with the diced apple and maple syrup.



Lunch

BLT with chicken

Serves 1, **Prep** 5 mins,
Cook 10 mins



Calorie controlled cooking spray

2 bacon medallions

2 x 20g slices WW Soft Malted Danish Bread

1 tsp harissa paste

1 iceberg lettuce leaf

1 small tomato, sliced



70g cooked skinless chicken breast, sliced

Squeeze of lemon juice, to serve

1. Mist a nonstick frying pan with cooking spray and set over a medium-high heat. Cook the bacon, turning, for 5 minutes or until crisp.
2. Toast the bread, spread with the harissa, then top one slice with the lettuce, tomato, bacon and chicken.
3. Season to taste, drizzle over a little lemon juice, then top with the remaining slice of toast to serve.

Snack

150g fat-free natural yogurt & fresh fruit

Serves 1, Prep 5 mins



Snack

Iced coffee

Serves 1, Prep 5 mins

+ freezing



100ml brewed unsweetened coffee

200ml unsweetened almond milk

1 tsp maple syrup

1. Pour your brewed coffee into an ice cube tray and then put in the freezer for about 2 hours until frozen solid.
2. Once frozen, remove the ice cubes from the tray and place in a glass. Fill the glass with the almond milk and maple syrup and give it a good stir with a long spoon.



Dinner

Fish & butternut squash chips

Serves 4, Prep 20 mins, Cook 15 mins

7 4 4



60g panko breadcrumbs

40g half-fat Cheddar, finely grated

2 tbsp plain flour

1 egg

4 x 120g skinless cod fillets

Calorie controlled cooking spray

1 butternut squash, peeled, deseeded and cut into chips

2 garlic cloves, left whole

2 tsp olive oil

300g frozen peas

5 spring onions, trimmed and finely sliced on the diagonal

Handful fresh mint, roughly chopped

1 lemon, cut into wedges, to serve

1. Preheat the oven to 220°C, fan 200°C, gas mark 7. Line a baking sheet with baking paper. In a bowl, combine the breadcrumbs and grated cheese. Put the flour into a second bowl and season to taste. Crack the egg into a third bowl and beat lightly with a fork or whisk. Dust the cod with the flour, then dip in the egg and finally the breadcrumb mixture, turning to coat well. Transfer to the lined baking sheet and mist with cooking spray.
2. Put the butternut squash chips and garlic cloves in a roasting tin, drizzle with the oil and season to taste.
3. Bake the fish and chips for 15 minutes until the fish is cooked through and the chips are tender. Squeeze the garlic from the skins and toss through the chips.
4. Meanwhile, cook the peas in a pan of boiling water for 5 minutes. Drain and return to the pan. Roughly crush, then stir in the sliced spring onions and mint. Season to taste and keep warm until the fish and chips are ready. Serve with the lemon wedges to squeeze over.





Shopping list

Here's what you'll need for the week ahead.

Fruit & vegetables

- 1 apple
- 100g asparagus
- 1 avocado
- 60g baby new potatoes
- 2 bananas
- 2 butternut squash
- 2 beetroot
- 4 carrots
- Celery
- 2 x 500g packs cherry tomatoes
- 2 courgettes
- Cucumber
- Fresh fruit (for snacks)
- Fresh ginger
- Fresh herbs (chives, coriander, parsley, rosemary, dill, basil, mint)
- Garlic cloves (you'll need 8)
- 4 lemons
- Lettuce (Little Gem, Iceberg)
- Mushrooms (75g button, 75g chestnut, 1 portobello)
- 4 onions
- 1 pear
- 200g potatoes
- Radish
- 50g raspberries
- Red chilli
- 2 red onions
- Red pepper
- Rocket
- Spinach
- 5 spring onions
- 150g sweet potato
- 2 tomatoes
- Watercress

Shopping list

Meat, fish, poultry & alternatives

- 2 bacon medallions
- 130g cooked skinless chicken breast
- 400g extra-lean pork mince (5% fat)
- 4 x 165g skinless chicken breast fillets
- 4 x 120g skinless cod fillets
- 60g smoked salmon
- Wafer thin turkey slices

Dairy, eggs, chilled & frozen

- 15 eggs
- Fat-free natural yogurt
- 330g frozen peas
- Half-fat Cheddar cheese
- Low-fat soft cheese
- Low-fat spread
- Ricotta
- Skimmed milk
- Stilton
- Vegetarian Italian-style hard cheese

Bakery

- WW Soft Malted Danish Bread

Store cupboard

- Baking powder
- Balsamic vinegar
- Brown rice
- Buckwheat
- Calorie controlled cooking spray
- Chicken stock cubes
- 2 x 400g tins chickpeas
- 2 x 400g tins chopped tomatoes
- Coffee
- Curry powder
- Dried herbs and spices (oregano, ground cumin, garlic salt, ground cinnamon, ras el hanout, smoked paprika)
- Dried Puy lentils
- Golden caster sugar
- Granola
- Harissa paste
- Lemon juice
- Light brown soft sugar
- Light soy sauce
- Maple syrup
- Olive oil
- Panko breadcrumbs
- Chocolate peanut butter powder (we used PBFit)
- Peanut butter
- Pitted Kalamata olives
- Plain flour
- Popcorn kernels
- Porridge oats
- 105g tin red salmon
- Self-raising flour
- Sunflower oil
- Sushi ginger
- 2 x 198g tins sweetcorn
- Toasted flaked almonds
- 120g tin tuna in spring water
- Unsweetened almond milk
- Vanilla extract
- Vegetable stock cubes
- Wholegrain mustard
- Wholewheat spaghetti

Smart swaps & top tips

Fish & butternut squash chips

You can replace the butternut squash with 700g potatoes, if you like.

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8

4

Mediterranean tuna salad

Crumble 40g light feta over the salad just before serving.

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6

5

Scrambled eggs with chives & smoked salmon

Serve with a 50g slice of toasted sourdough.

9

3

3

Baked sweet potatoes with chilli chicken & avocado

For a vegetarian option, replace the chicken with 210g tin rinsed and drained kidney beans.

11

6

1

Salmon, asparagus & lentil salad

Save time by using tinned lentils instead of dried. Store leftover lentils in a sealed container in the fridge.

Dairy-free milk alternatives

When buying milk alternatives, go for unsweetened, calcium-fortified versions.

Omelette

The WW Omelette Maker means you can make healthy and delicious omelettes in the microwave in minutes!

Stay hydrated

Aim to drink 6-8 glasses of fluid every day. Your best options are water, skimmed milk, sugar-free drinks as well as tea and coffee.

Be as active as possible

Try thinking about exercise as a way to relieve stress and be healthier—not just as a means to lose weight.

Keep smart food choices close by

Stock your desk with SmartPoint-friendly snacks or put ZeroPoint™ fruit or veggies in your bag when you're on the go.

Stock the freezer

Keeping a stash of healthy frozen foods means making fewer trips to the supermarket, and if you buy when foods are on offer or in larger packs, you'll save money too.

Reduce oil

Reduce the amount of oil you need to keep foods from sticking by using nonstick pans for searing and lining roasting tins with baking paper or foil.

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