



KickStart

Eat what you love with our 5-day plan - Part 2



Welcome to KickStart Part 2!

We hope you enjoyed last week's meal ideas. Here's another 5-day plan, based on a mix of easy-to-prepare meals and recipes the whole family can enjoy.

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Recipe info



Tells you the SmartPoints® value per serving for each plan



Vegetarian



Vegan



Gluten free



Dairy free



Nut free

Day 1

Breakfast

Caramelised banana & almond porridge

Serves 1, Prep 2 mins,
Cook 5 mins



30g porridge oats

125ml apple juice

1 banana, peeled and sliced
on the diagonal

1 tsp toasted flaked
almonds

1 tsp honey

1. In a small pan, gently heat the oats and juice, stirring, until thick and creamy. This will take 1-2 minutes.
2. Heat a frying pan over a low heat and cook the banana for about 30 seconds on each side to caramelise.
3. Serve the porridge topped with the banana and almonds and honey drizzled over.



Lunch

Tomato & mozzarella omelette

Serves 1, Prep 10 mins,
Cook 5 mins



2 eggs

1 tbsp skimmed milk

1 tbsp fresh basil, chopped,
plus extra leaves to garnish

1 tsp olive oil

1 tomato, sliced

45g light mozzarella, sliced

Rocket, to serve



1. Mix the eggs, milk and basil together, then season.
2. Heat the oil in a frying pan, add the egg mixture and fry evenly for 3-4 minutes until set.
3. Spread the tomato and mozzarella slices and some extra basil leaves over the omelette. Fold and season to taste. Serve with rocket on the side.

Snacks

Griddled fruit with ginger yogurt

Serves 1, **Prep** 15 mins,
Cook 15 mins



Calorie controlled cooking spray

½ mango, peeled, destoned and sliced

1 banana, sliced

½ papaya, sliced

1 lime, ½ zested and ½ cut into wedges

FOR THE GINGER YOGURT:

150g 0% fat natural Greek yogurt

8g stem ginger, finely chopped

1. Heat a large nonstick griddle pan over a medium-high heat. Mist the mango, banana and papaya with cooking spray and griddle the fruit for 4 - 5 minutes. Turning the fruit once, until lightly charred.
2. Transfer the fruit to a bowl then griddle the lime wedges cut side down for 2-3 minutes.
3. Meanwhile, make the yogurt by mixing the ingredients together in a bowl.
4. Scatter the lime zest over the fruit, serve with the griddled limes squeezed over and the ginger yogurt on the side.



WW Chocolate Orange Brownie Bar



Dinner

One-pot quinoa chilli

Serves 4, Prep 10 mins, Cook 25 mins

9

6

2



4 tsp olive oil

2 onions, diced

2 red chillies, deseeded and thinly sliced

3 carrots, diced

4 tomatoes, diced

198g tin sweetcorn, drained and rinsed

400g tin kidney beans, drained and rinsed

200g quinoa

1 litre hot vegetable stock, made with 1 stock cube

1 tbsp fresh parsley, chopped

1. Heat the oil in a pan over medium heat. Once heated add the onions and chillies,

cook stirring for 2 minutes or until soft. Add the carrots and tomatoes, cook for a further minute.

2. Add the sweetcorn, kidney beans, quinoa and the stock. Cook, covered for 20 minutes. Season to taste and serve with the parsley.





Day 2

Breakfast

Cherry Bakewell Bircher muesli

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



30g porridge oats

**1 medium apple,
cored and grated**

3g chia seeds

**150ml unsweetened
almond milk**

1 tsp agave syrup

50g cherries

Zest of ¼ orange

1 tsp flaked almonds

**1 tbsp 0% fat natural
Greek yogurt**

1. Put the oats, apple and chia seeds in a large bowl and stir to combine. Add the almond milk and agave syrup, stir until combined. Cover and put in the fridge to chill overnight.
2. Before you're ready to serve, make the compote. Put the cherries and orange zest in a medium pan. Bring to a boil, then reduce the heat and simmer for a few minutes until the cherries are softened and just heated through.
3. Serve the Bircher topped with the cherry compote, flaked almonds and the yogurt.

Snack

Kale & lemon popcorn

Serves 1, Prep 5 mins,
Cook 10 mins



40g kale, chopped

**Calorie controlled
cooking spray**

Zest of ¼ lemon, grated

20g popcorn kernels

1. Spread the kale on a baking tray, mist with cooking spray and sprinkle over a pinch of salt.
2. Bake at 160°C, fan 140°C, gas mark 3 for 10 minutes, until crispy. Transfer the kale to a blender with the lemon zest and blitz.
3. Meanwhile, put the popcorn kernels in a microwave-safe bowl and cover with a vented lid. Microwave on High for 3-4 minutes, until there's about 5 seconds between pops. Sprinkle the topping over the popcorn.





Lunch

Chicken taco salad

Serves 1, Prep 10 mins, Cook 7 mins



13g corn taco shell

80g cooked skinless chicken breast, sliced

4 lettuce leaves

½ red onion, diced

1 tomato, chopped

2 tbsp tinned sweetcorn, drained and rinsed

35g avocado, diced

FOR THE DRESSING:

1 tbsp half-fat crème fraîche

1 tbsp fresh coriander, chopped

2 tsp lime juice

1. Preheat oven to 160°C, fan 140°C, gas mark 3. Heat the taco shell to pack instructions then break into small pieces.
2. Meanwhile, make the dressing, in a small jug, whisk together the crème fraîche, coriander and lime juice. Season to taste and set aside.
3. In a serving bowl, combine the chicken, taco pieces, lettuce, red onion, tomato, sweetcorn and the avocado. Drizzle with the dressing and serve.

Snack

150g 0% fat natural Greek yogurt & fresh fruit

Serves 1, Prep 5 mins



Dinner

Gnocchi tuna bake

Serves 4, Prep 10 mins, Cook 25 mins



500g gnocchi

Calorie controlled cooking spray

1 onion, diced

250g mushrooms, quartered

400g tin chopped tomatoes

250g frozen peas

170g tin tuna in spring water, drained and rinsed

4 tbsp Parmesan, grated

1. Preheat oven to 200°C, 180°C, gas mark 3. Cook the gnocchi to pack instructions, drain and then place in a 1.5 litre baking dish.
2. Heat a frying pan over medium heat and mist with cooking spray, add the onion and cook for 5 minutes until soft. Then add the mushrooms and cook for a further 5 minutes.
3. Once soft add the chopped tomatoes and peas and reduce slightly. Add the tuna and season to taste.
4. Pour the sauce over the gnocchi, sprinkle the Parmesan over the top then bake in the oven for 15 minutes.



Day 3

Breakfast

Protein power pancakes

**Serves 1, Prep 5 mins,
Cook 15 mins**



**2 bananas, 1 mashed
and 1 sliced**

1 egg

Pinch baking powder

**½ tsp peanut butter powder
(we used PBFit)**

**Calorie controlled cooking
spray**

**1 tsp choc shot liquid
chocolate (we used Sweet
Freedom)**

**5g unsalted peanuts,
chopped**

1. Put the mashed banana in a bowl. Whisk the egg in a jug then add to the banana along with the baking powder and peanut butter powder, whisking until the mixture is smooth and combined.
2. Heat a large nonstick frying pan over a medium-high heat and mist with cooking spray. Add a ladleful of the mixture at a time and cook for 2 minutes, then flip and cook for another 2 minutes. Transfer to a plate and keep warm. Repeat with the remaining mixture to make 3 pancakes.
3. Serve pancakes topped with the banana slices, chocolate syrup and peanuts.



Lunch

Caribbean style salmon & rice bowl

**Serves 1, Prep 15 mins,
Cook 20 mins**



130g skinless salmon fillet

25g jerk marinade

**Calorie controlled
cooking spray**

**½ x 198g tin sweetcorn, drained
and rinsed**

5 cherry tomatoes, quartered

**1 spring onion, trimmed and
finely chopped**

**½ small red chilli, deseeded
and finely chopped**

**Juice of ½ lime, plus wedges,
to serve**



50g brown rice

1 tbsp fresh coriander, finely chopped

1. Place the salmon in a shallow dish and add the marinade, turning to coat the salmon, then cover with cling film and chill in the fridge for 15 minutes.
2. Meanwhile, put a nonstick griddle pan over a medium-high heat and mist with cooking spray, add the sweetcorn and cook for 10 minutes, turning occasionally, until charred all over. Set aside to cool, then transfer to a small bowl along with the cherry tomatoes, spring onion, chilli

and lime juice. Season and toss to combine. Set aside.

3. Preheat the grill to medium and line a grill pan with kitchen foil. Grill the salmon, turning occasionally, for 8-10 minutes, or until the fillets are just cooked through. Break the salmon into large chunks with a fork. Meanwhile, cook the rice to pack instructions. Toss the coriander and lime juice through the rice. To serve top with the salmon, corn salad and a lime wedge.

Snack

Strawberry Smoothie

Makes 2, Prep 5 mins,



200g ripe strawberries, plus extra strawberries to serve

1 ripe banana, chopped

150ml skimmed milk

½ tsp vanilla extract

1. Put all the ingredients in a blender with 100ml cold water and whizz until smooth. If you like, you can add a few ice cubes then whizz for a few more seconds to thin out the smoothie and chill it.
2. Divide the smoothie between two glasses, top with the extra strawberries and serve.



Dinner

Beef rendang curry

Serves 4, Prep 20 mins, Cook 1 hour 30 mins



2 lemongrass stalks, trimmed, outer leaves removed, and roughly chopped

1 red chilli, deseeded and chopped

2 garlic cloves

10g fresh ginger, peeled and roughly chopped

2 tbsp garam masala

1 tsp olive oil

600g extra-lean beef, diced

1 onion, thinly sliced

½ x 400ml tin reduced-fat coconut milk

400ml beef stock, made with 1 stock cube

4 dried kaffir lime leaves

Juice of ½ lime, plus extra wedges to serve

2 tbsp desiccated coconut

600g ready-made cauliflower 'rice'

2 spring onions, finely sliced, to serve

2 tsp chilli flakes, to serve

1. Put the lemongrass, chilli, garlic, ginger, garam masala and 4 tbsp water in the bowl of a mini food processor and blitz to form a thick curry paste. Set aside.
2. Heat the oil in a medium pan over a high heat. Add the beef and cook, turning occasionally, for 4-5 minutes until browned. Transfer to a plate. Add the onion to the pan and cook for 6-8 minutes until softened. Add the curry paste and cook for a further 2-3 minutes or until fragrant.
3. Return the beef to the pan and stir to coat. Add the coconut milk, stock and lime leaves, then bring to a boil. Reduce the heat then cover and simmer for 1 hour - 1 hour 15 minutes, until the sauce has thickened and the meat is tender. Stir through the lime juice and discard the lime leaves.
4. Meanwhile, set a pan over medium-high heat. Toast the coconut, stirring constantly, for 3-4 minutes. Transfer to a bowl and set aside. Cook the cauliflower 'rice' to pack instructions.
5. Divide the cauliflower 'rice' between plates and top with the beef curry then scatter over the toasted coconut, spring onions and chilli flakes. Serve with lime wedges on the side.





Day 4

Breakfast

Mango & grape porridge

Serves 1, Prep 5 mins, Cook 5 mins



1 mango, peeled and de-stoned

30g porridge oats

150ml unsweetened almond milk

50g grapes, halved

1. Blitz ½ the mango in a food processor, then set aside.

2. Meanwhile, in a small pan

combine the oats, almond drink and 100ml water. Bring to the boil, whilst stirring and cook for 5 minutes.

3. Once cooked, remove from the heat, fold in the mango purée then serve with the grapes and remaining mango, cut into cubes.

Snack

WW Chocolate Orange Brownie Bar



Snack

Banana, oat & raisin bites

Makes 18, Prep 10 mins, Cook 15 mins



4 ripe bananas, mashed

125g porridge oats

75g raisins

1. Preheat the oven to 180°C, fan 160°C, gas mark 4 and line 2 baking sheets with baking paper.
2. Put the bananas in a large bowl and stir in the oats and raisins until combined.
3. Drop spoonfuls of the mixture onto the prepared baking sheets to make 18 bites. Bake for 12-15 minutes or until cooked through and golden. Cool on a wire rack, then serve.





Lunch

Steak & potato salad

Serves 1, Prep 10 mins, Cook 40 mins

6

6

2



150g potatoes, peeled and cut into 1cm cubes

Calorie controlled cooking spray

125g lean minute thin-cut steak

20g sachet WW Garlic & Chive Salad Dressing

1 tsp Dijon mustard

6 cherry tomatoes, halved

100g mixed salad leaves

1. Preheat the oven to 200°C, fan 180°C, gas mark 6. Put the potatoes on a large baking tray, mist with cooking spray and season to taste. Bake for 40 minutes, turning halfway, until crisp and golden.

2. Meanwhile, heat a large nonstick frying pan over a high heat. Mist the steak with cooking spray and season to taste. Sear the steaks for 1 minute on each side, then

remove from the pan and rest for 5 minutes before cutting into thick strips.

3. In a small bowl, whisk together the WW Classic Garlic and Chive Dressing, mustard and 1 teaspoons of cold water. Set aside.

4. Place the tomatoes and salad leaves on a plate, top with the steak and potato cubes and serve with the salad dressing drizzled over.

Dinner

Turkey in garlic & Parmesan sauce

Serves 4, Prep 10 mins, Cook 25 mins

10

9

5



180g brown rice

Calorie controlled cooking spray

500g skinless turkey breast

4 sprigs fresh thyme

FOR THE SAUCE:

2 cloves of garlic, crushed

20g sun-dried tomatoes, cut into fine strips

200g spinach

4 tbsp grated Parmesan

4 tbsp medium-fat soft cheese

1. Cook the rice to pack instructions, then drain.
2. Meanwhile, heat a pan and mist with cooking spray. Add the turkey and cook, turning, for 6 minutes, or until golden. Transfer to a baking tray and cook for 20-25 minutes until juices no longer run pink.
3. In the same pan, make the sauce. Cook the garlic and sun-dried tomatoes for 5 minutes until soft, then add the spinach and season to taste. Once the spinach has wilted, stir in the Parmesan and soft cheese.
4. Remove the turkey from the oven and slice. Divide the rice between plates and top with the sliced turkey. Spoon over the sauce, then serve garnished with thyme.



Day 5

Breakfast

Salmon & avocado bagel

Serves 1, Prep 10 mins



5 thin cucumber slices

2 tbsp freshly squeezed lime juice

50g avocado flesh

½ tsp chilli flakes

1 bagel thin, split and toasted

35g cooked salmon fillet, flaked

½ tsp sweet chilli sauce

1. In a small bowl, combine the cucumber and 1 tbsp of the lime juice, then set aside.
2. Mash the avocado and stir in the remaining lime juice and half the chilli flakes. Season to taste then spread over one half of the bagel thin.
3. Top with the cucumber and salmon, then drizzle over the sweet chilli sauce. Scatter over the remaining chilli flakes, then top with the remaining bagel thin half.



Lunch

Egg fried noodles

Serves 1, Prep 15 mins,
Cook 10 mins



50g wholewheat noodle nest
(we used Blue Dragon)

1 egg

3 tbsp soy sauce

Calorie controlled
cooking spray

1 garlic clove, crushed

1cm fresh ginger, grated

1 spring onion, sliced



50g sugar snap peas, sliced diagonally

200g pointed cabbage, thinly sliced

1 carrot, thinly sliced

5g Sambal Oelek

1 tbsp fresh coriander, chopped

1. Cook the noodles to pack instructions. Meanwhile, whisk together the egg and 1 tbsp soy sauce, then set aside.

2. Mist a wok with cooking spray and heat. Add the garlic and ginger and sauté for 2 minutes. Add the spring onion, sugar snap peas, cabbage and carrot and cook for a further 4 minutes.

3. Stir in the Sambal Oelek and the remaining soy sauce, then add the noodles and egg mixture.

4. Stir to combine and cook for 3-4 minutes. Garnish with coriander to serve.

Snack

Cocoa bliss balls

Makes 20, Prep 15 mins



100g almonds

2 tbsp cocoa powder

10 dates

1¼ tbsp honey

2½ tbsp desiccated coconut

1. Blitz the almonds, cocoa powder, dates and honey in a food processor until a thick paste forms.
2. Place the coconut in a small bowl. Using wet hands, roll 3 teaspoonfuls of almond mixture into balls and roll in coconut to coat. Shake off any excess and repeat with the remaining mixture.



WW Sour Cream & Chive Lentil Curls



Dinner

Cod with braised bacon lentils

Serves 4, Prep 15 mins, Cook 45 mins



Calorie controlled cooking spray

100g lean smoked bacon medallions, finely chopped

1 red onion, finely chopped

2 carrots, finely chopped

2 x 400g tins green lentils, drained and rinsed

400ml hot vegetable stock, made with 1 stock cube

1 tsp dried mixed herbs

1 tbsp red wine vinegar

4 x 120g skinless cod loin fillets

Handful fresh flat-leaf parsley, chopped

1. Mist a medium nonstick pan with cooking spray and fry the bacon over a medium heat for 5 minutes, until golden. Add the onion and carrots and cook, covered, for 10 minutes. Add a splash of water to the pan if it starts to stick.

2. Add the lentils, stock, dried mixed herbs and red wine

vinegar to the pan. Bring to the boil, then reduce the heat and simmer, uncovered, for 20 minutes, until most of the liquid has evaporated and lentils are tender.

3. Add 150ml boiling water to the pan, stir to combine, then arrange the cod on top of the lentils. Season, then cover and cook over a low heat for 8 minutes until the fish is cooked through, then serve, garnished with parsley.





Shopping list

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

Fruit and vegetables

- 1 apple
- 1 avocado
- 9 bananas
- 6 carrots
- 2 x 300g packs ready-made cauliflower 'rice'
- 50g cherries
- Cherry tomatoes
- 1 cucumber
- Fresh fruit (for snacks)
- Fresh ginger
- Fresh herbs (basil, coriander, parsley, thyme, lemongrass)
- 5 garlic cloves
- Grapes
- Kale
- 1 lemon
- Lettuce
- 2 limes
- 2 mangos
- 250g mushrooms
- 4 onions
- 1 orange
- 1 papaya
- Pointed cabbage
- 150g potatoes
- 4 red chillies
- 2 red onions
- Rocket
- 4 spring onions
- 100g strawberries
- 50g sugar snap peas
- 6 tomatoes

Shopping list

Meat, fish, poultry and alternatives

- 80g cooked skinless chicken breast
- 600g extra lean beef
- 125g minute steak
- 165g skinless salmon fillet
- 4 x 120g skinless cod loin fillets
- 500g skinless turkey breast
- 100g smoked bacon medallions

Dairy, eggs, chilled and frozen

- 0% fat natural Greek yogurt
- Apple juice
- 4 eggs
- Frozen peas
- 500g pack gnocchi
- Half-fat crème fraîche
- Light mozzarella
- Medium-fat soft cheese
- Parmesan
- Skimmed milk
- Unsweetened almond milk

Bakery

- Bagel thins

Store cupboard

- Agave syrup
- Almonds
- Baking powder
- Beef stock cubes
- Brown rice
- Calorie controlled cooking spray
- Chia seeds
- Chilli flakes
- Choc shot liquid chocolate
- 400g tin chopped tomatoes
- 13g corn taco shell
- Dates
- Desiccated coconut
- Dijon mustard
- Dried kaffir lime leaves
- Dried mixed herbs
- Garam masala
- 2 x 400g tin green lentils
- Honey
- Jerk marinade
- 400g tin kidney beans
- Lime juice
- Olive oil
- Peanut butter powder (we used PBFit)
- Popcorn kernels
- Porridge oats
- Quinoa
- Red wine vinegar

- Raisins
- 400ml tin reduced-fat coconut milk
- Sambal Oelek
- Soy sauce
- Stem ginger in syrup
- Sun-dried tomatoes
- Sweet chilli sauce
- 2 x 198g tin sweetcorn
- Toasted flaked almonds
- 170g tin tuna in spring water
- Unsalted peanuts
- Vanilla extract
- Vegetable stock cubes
- Wholewheat noodle nests
- WW Chocolate Orange Brownie Bars
- WW Garlic & Chive Salad Dressing
- WW Sour Cream & Chive Lentil Curls

Smart swaps & top tips

Cherry Bakewell Bircher muesli

Replace 0% fat natural Greek yogurt with plain soya yogurt to make this vegan. The SmartPoints will stay the same.

Beef rendang curry

You can freeze the curry paste for up to six months. Simply defrost before using.

Steak & potato salad

Make this salad extra special by crumbling over 20g Stilton.



Cocoa bliss balls

To make chocolate orange balls, add the grated rind of 1 orange and a squeeze of juice into the mixture for the same SmartPoints®.

Cod with braised bacon lentils

If you want to use dried lentils in this recipe, you'll need 200g, cooked to pack instructions.

Blended fruit

Love smoothies? Keep in mind that blended fruit carries a SmartPoints value. If you want to make your Budget go further, opt for whole fruit instead.

Herbs and spices

Reach for fresh or dried herbs and whole or ground spices rather than seasoning your food with lots of salt.

Storing baked goods

Store baked goods in an airtight container for up to 3 days. Alternatively, once cooled place in a freezer bag and freeze for up to 1 month. Remove from the bag and leave to thaw before serving.

Fresh fruits

Keep a selection of fresh fruits to use in salads and main dishes, and for snacks throughout the day. Apples, pears, kiwis and citrus all keep well and are delicious for snacking and versatile for cooking.

Reduce waste

When cooking, think about doubling your recipe and refrigerating or freezing extras for later. Divide food into individual portions and label them with the dish's name and the SmartPoints value before freezing.

Repeat your successes

Look back on previous successful weeks' trackers and use them as a guide for future meal planning.

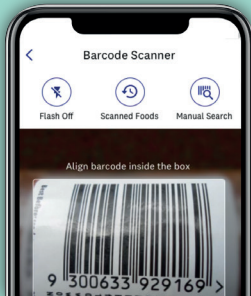
WW Steamer

With the WW Steamer, enjoy meals with little or no fat. Create savoury dishes and sweet treats, steam vegetables, poach eggs and more!

3 reasons to love the WW app

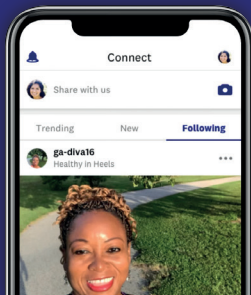
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*Available for iOS and Android, and free with your Workshop + Digital membership



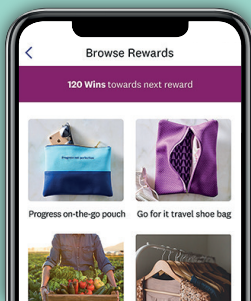
1. The barcode scanner

For easy, one-tap tracking, scan the barcode of a packaged food to get its SmartPoints value. Once you've scanned a food or drink, you can save, favourite, and track it.



2. Connect

Connect is our motivational members-only social experience and the place to get a daily dose of "You got this!". Find people like you in Connect Groups, share your journey through photos and videos, and find inspiration from other members. Just tap on the Connect icon to join the fun!



3. WellnessWins™

Our one-of-a-kind rewards programme means you earn Wins for your healthy habits, like tracking your meals, weight and activity. You can redeem Wins for exclusive prizes, from premium subscriptions to free gym passes.

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SKU: 203561

