



KickStart

Eat what you love with our 5-day plan - Part 3



Welcome to KickStart Part 3!

The final in the series, this 5-day plan gives you another batch of delicious meals that you'll want to revisit again and again.

Share your favourites with the WW community on Connect, and see other members' favourites, using #kickstart

Recipe info



Tells you the SmartPoints® value per serving for each plan



Vegetarian



Vegan



Gluten free



Dairy free



Nut free



Want more food inspiration?

You'll find it:

- In the WW app
- In the **myWW™** cookbook, available to buy in WW Workshops
- In each issue of the WW magazine
- At [WW.com/uk/myww-recipes](https://www.ww.com/uk/myww-recipes)

Day 1

Breakfast

French berry overnight oats

Serves 1, Prep 5 mins,



40g porridge oats

200g 0% fat natural Greek yogurt

200g frozen berries

1. Layer the oats, yogurt and most of the berries in a jar or bowl. Cover and put in the fridge overnight.
2. In the morning, stir to combine the layers, top with the remaining berries (thawed) and tuck in.



Lunch

Salmon, lentil & feta salad

Serves 1, Prep 5 mins, Cook 15 mins



115g skinless salmon fillet

½ x 400g tin green lentils, drained and rinsed

¼ small cucumber, halved lengthwise and sliced

30g pomegranate seeds

½ tbsp pine nuts, toasted

10g light feta, crumbled

1 tsp chopped fresh dill

20g rocket

1 tsp extra virgin olive oil

1 tbsp lemon juice

1 tsp za'atar

1. Preheat the oven to 200°C, fan 180°C, gas mark 6. Put the salmon on a large sheet of baking paper, then fold over the edges to form a parcel. Transfer to a baking sheet, then bake for 12-15 minutes. Set aside to cool then flake into large chunks.

2. Meanwhile, in a large bowl, combine the lentils with the cucumber, pomegranate seeds, pine nuts, feta, dill and rocket.

3. In a small jug, whisk together the oil, lemon juice and za'atar. Season and then drizzle over the lentil salad. Toss to combine, then stir through the salmon chunks.

Snack

Double cheese popcorn

Serves 1, Prep 5 mins, Cook 10 mins



Calorie controlled cooking spray

20g popcorn kernels

1 tsp vegetarian Italian-style hard cheese

Pinch of English mustard powder

Pinch of sweet smoked paprika

1 tbsp grated half-fat Cheddar cheese

1. Mist a medium lidded pan with cooking spray and add

popcorn kernels. Cover and cook over a medium heat, shaking the pan occasionally, until the corn starts to pop. Shake constantly until all the corn has stopped popping, then remove from the heat and transfer to a bowl, discarding any unpopped corn.

2. Preheat the oven to 200°C, fan 180°C, gas mark 6. Spread the popcorn over a baking tray and mist with extra cooking spray. Scatter over the cheese, mustard powder and paprika. Toss to coat, then push the popcorn together into a single, tightly packed layer. Top with the grated Cheddar and bake for 5 minutes until the popcorn is crisp, and the cheese is melted.



Dinner

Arrabiata pizza with mozzarella & oregano

Serves 4, Prep 15 mins, Cook 40 mins

5

5

5



Calorie controlled cooking spray

½ small red onion, finely chopped

1 garlic clove, crushed

1 red chilli, deseeded and finely chopped plus extra slices to serve

200g passata

1 tbsp dried oregano, plus extra to scatter

4 WW White Wraps

125g ball light mozzarella, thinly sliced

1 small yellow pepper, thinly sliced

1 green chilli, sliced, to serve

60g fresh rocket, to serve

1. Preheat the oven to 200°C, fan 180°C, gas mark 6 and put 2 large baking trays in the oven to heat up.
2. Mist a heavy-bottomed pan with cooking spray and cook the onion over a medium heat for 6-8 minutes until soft. Add the garlic and chilli and cook for another minute. Add the passata and half the oregano, then simmer over a medium-low heat for 15 minutes
3. Put the wraps onto the hot baking trays, then spread them with the sauce, leaving a 2cm border. Top with the mozzarella and pepper and remaining oregano, then

bake for 15 minutes until crisp and the mozzarella has melted.

4. Top each pizza with the red and green chilli slices and the rocket, then serve.



Day 2



Breakfast

Tex-Mex tomatoes on toast

Serves 1, Prep 5 mins, Cook 5 mins

5

1

1



½ x 400g tin pinto beans

¼ tsp cumin seeds

Pinch of smoked paprika

1 tsp lemon juice

75g cherry tomatoes, halved

1 tbsp chopped red onion

1 tsp chopped fresh coriander

1 slice WW Soft Malted Danish Bread

1. Drain and rinse the pinto beans, reserving 1 tbsp of the liquid, then put into a microwave-safe bowl. Add the reserved liquid, half the cumin seeds, the paprika and the lemon juice.
2. Mash, then season and cover with the bowl with clingfilm. Put the tomatoes in a microwave-safe bowl with the remaining cumin seeds and the onion. Season, then cover the bowl with clingfilm.

3. Microwave the tomatoes on High for 30 seconds, then set aside. Microwave the beans on High for 1 minute, then set aside. Return the tomatoes to the microwave and cook on High for a further 30 seconds, then stir in the chopped fresh coriander.
4. Toast the bread and serve topped with the beans, tomatoes and a sprinkling of smoked paprika.



Lunch

Scrambled egg & spinach wrap

Serves 1, Prep 5 mins, Cook 10 mins



Calorie controlled cooking spray

2 eggs, lightly whisked

Pinch of ground nutmeg

20g young leaf spinach

1 WW White Wrap

20g half-fat Cheddar cheese, grated

1. Mist a large nonstick frying pan with cooking spray and put over a medium heat. Pour the eggs into the pan and allow to set slightly, then stir using a spatula. Add the spinach and a small pinch of nutmeg and cook until the spinach is just wilted and the eggs are set.

2. Place the egg and spinach on the wrap, then sprinkle over the cheese and some ground black pepper. Roll up the wrap, folding in at the bottom, then serve.

Snacks

Roasted sweet potato wedges

Serves 1, Prep 10 mins, Cook 40 mins



75g sweet potato, peeled and cut into wedges lengthwise

Calorie controlled cooking spray

Pinch of salt and pepper

¼ tsp dried rosemary

Sprig of fresh rosemary

1 tbsp reduced-fat mayonnaise

1. Preheat the oven to 200°C, fan 180°C, gas mark 6.
2. Place the wedges on a nonstick baking tray. Spray with cooking spray and season with salt and pepper. Add the dried rosemary and toss well to combine. Roast in the oven for 30 minutes or until golden brown and tender.
3. Transfer the potato wedges to a serving plate and garnish with the fresh rosemary. Serve with the mayo on the side.



150g 0% fat natural Greek yogurt & fresh fruit

Serves 1, Prep 5 mins



Dinner

Cod & chickpea curry

Serves 4, Prep 10 mins, Cook 40 mins



1 tbsp rapeseed oil

2 red onions, finely sliced

2 garlic cloves, crushed

2cm piece fresh ginger, grated

2 green chillies, deseeded and finely chopped

1 tsp mustard seeds

2 tsp ground turmeric

2 x 400g tins chopped tomatoes

400g tin chickpeas, drained and rinsed

500g cod loin, cut into large chunks

4 x 50g mini naan breads

1. Heat the oil in a large, deep frying pan over a medium heat and cook the onions for 6-8 minutes, or until soft. Add the garlic, ginger, chillies, mustard seeds and turmeric. Cook for 4-5 minutes, then add the tomatoes and chickpeas. Simmer for 15-20 minutes, until the tomatoes have reduced slightly.
2. Add the cod and cook for a further 5 minutes over a low heat until it is cooked through. Stir gently, taking care not to break up the fish too much.
3. Meanwhile, warm the naan breads to pack instructions, then serve with the curry.



Day 3

Breakfast

Mushroom & tomato omelette

Serves 1, Prep 5 mins, Cook 15 mins



Calorie controlled cooking spray

100g button mushrooms, halved

100g cherry tomatoes, halved

2 garlic cloves, chopped

2 tbsp fresh basil, roughly chopped

3 eggs

1. Mist a nonstick frying pan with cooking spray and put over a medium-high heat. Add the mushrooms and cook for 4-5 minutes until golden, then add the cherry tomatoes and garlic. Cook

for 1-2 minutes, then stir through half the basil and season to taste.

2. Transfer the mixture to a bowl, cover and keep warm. Wipe the pan clean. In a small bowl, combine the eggs and remaining basil, then season to taste.
3. Mist the pan again and put over a medium heat. Pour in the egg mixture and tilt the pan so the base is covered. Allow the eggs to set, then push the cooked edges into the centre using a spatula, letting any uncooked egg run into the gaps. Repeat until the centre is almost fully set.
4. Fold the omelette in half, then spoon over the veg mixture and scatter over some extra fresh basil to serve.



Lunch

BLT with chicken

Serves 1, Prep 5 mins, Cook 10 mins



2 bacon medallions

2 slices WW Soft Malted Danish Bread

1 tsp harissa paste

1 lettuce leaf

1 tomato, sliced

70g cooked skinless chicken breast, sliced

1 tsp lemon juice

1. Fry the bacon medallions over a medium heat for 4-5 minutes on each side. Toast the bread and spread with harissa paste. Top one slice with lettuce, tomato, chicken and the cooked bacon.
2. Season with black pepper and drizzle with lemon juice. Top with the remaining slice of toast to serve.

Snacks

Chocolate madeleines

Makes 12, Prep 30 mins + chilling, Cook 15 mins



65g low-fat spread, melted

50g plain flour, plus 1 tbsp extra

½ tsp baking powder

1 large egg

1 tsp vanilla bean paste

50g caster sugar

60g milk chocolate, roughly chopped

20g Cadbury mini eggs, very finely chopped

1. Brush a 12-hole madeleine tin with a little of the spread, being sure to coat all the ridges. Dust over 1 tbsp of flour and shake off any excess. Chill in the fridge while you make the cake mix.
2. Sift together the remaining flour and baking powder in a small bowl. In a second bowl, beat the egg and vanilla until pale and thick. Add the sugar and continue to beat vigorously for about 2 minutes, until thick. Stir the flour into the egg mixture then fold in the remaining melted spread and chill for 30 minutes.
3. Preheat the oven to 190°C, fan 170°C, gas mark 5. Spoon

the chilled batter into the prepared moulds, filling almost to the top. Bake for 11-12 minutes. Let cool slightly, then remove from the tin and transfer to a wire rack to cool completely.

4. Melt the chocolate in a heatproof bowl set over a pan of boiling water. Dip each cake into the melted chocolate and sprinkle over the mini eggs. Transfer to a wire rack to set.



150g 0% fat natural Greek yogurt & fresh fruit

Serves 1, Prep 5 mins



Dinner

Classic beef burger with chilli chips

Serves 4, Prep 10 mins, Cook 40 mins



1 whole butternut squash, peeled and deseeded

5g garlic granules

1 tsp cayenne pepper

½ tsp chilli flakes

Calorie controlled cooking spray

½ onion, finely chopped

500g extra lean beef mince (5% fat)

1 egg, lightly beaten

4 medium burger buns

4 lettuce leaves

1 small red onion, sliced

1 pickled gherkin, sliced

1 large tomato, sliced

1. Preheat the oven to 200°C, fan 180°C, gas mark 6. Cut the butternut squash into chunky chips and put in a large roasting tin. Mix together the garlic granules, cayenne pepper and chilli flakes, then sprinkle over the chips and toss to coat. Spray with cooking spray and toss again. Bake for 35-40 minutes, or until golden and tender.
2. Meanwhile, in a small bowl, mix the onion, mince and egg until combined. Shape the mixture into 4 patties about 2cm thick.

3. Mist a griddle pan or frying pan with cooking spray and put over a medium heat. Cook the burgers for 15 minutes, turning occasionally, until cooked through.
4. Serve each burger in a bun with lettuce, red onion, gherkins and tomato, with the butternut squash chips on the side.



½ tsp fresh mint, chopped, plus extra to serve

½ garlic clove, chopped

Calorie controlled cooking spray

40g light halloumi, sliced

50g slice sourdough bread

½ beetroot, cooked and cut into wedges

1. Cook the beans in a pan of boiling water for 3 minutes, then drain and refresh under cold running water. Peel off the outer skins and discard, then set aside 1 tbsp of the beans.
2. Put the rest into a mini food processor with the lemon juice, mint and garlic. Blitz to a purée, then season to taste and set aside.

3. Mist a large nonstick pan with cooking spray, then fry the halloumi over a medium heat for 2 minutes on each side. Set aside.
4. Lightly toast the bread, then spread with the bean purée. Top with the halloumi and the beetroot, scatter over the reserved broad beans and some extra mint. Serve seasoned with freshly ground black pepper.

Day 4

Breakfast

2-ingredient pancakes

Serves 1, Prep 5 mins, Cook 10 mins



2 bananas, mashed

1 egg, lightly beaten

Calorie controlled cooking spray

2 tbsp 0% fat natural Greek yogurt

80g mixed berries

1 tsp agave syrup

1. Mix the bananas and egg with a pinch of salt.
2. Mist a frying pan with cooking spray and heat.

Drop a ladleful of mixture into the pan and cook for 2 minutes on each side until golden. Repeat so you have 2 pancakes.

3. Serve the pancakes topped with the yogurt, fresh berries and the agave syrup drizzled over.

Lunch

Halloumi, beetroot & broad bean open sandwich

Serves 1, Prep 15 mins, Cook 10 mins



60g frozen broad beans

1 tbsp lemon juice





Snacks

Fresh fruit with cheesecake cream

Serves 1, Prep 5 mins,



75g low-fat soft cheese

¼ tsp vanilla extract

1 tsp lemon juice

2 tsp agave syrup

75g 0% fat natural Greek yogurt

60g strawberries, halved

½ passion fruit pulp

1. In a small bowl beat together the soft cheese, vanilla extract, lemon juice and agave syrup until combined.
2. Stir through the yogurt until smooth, then spoon over the strawberries and passion fruit.

Veg crudité's with 1 tbsp reduced-fat houmous

Serves 1, Prep 5 mins



Dinner

Grilled chicken with pesto pasta

Serves 1, Prep 5 mins, Cook 15 mins



165g skinless chicken breast fillet

65g wholewheat fusilli

6 cherry tomatoes

1 tbsp reduced-fat green pesto

1 tbsp basil

1. Preheat the grill to medium-high. Season the chicken and grill for 15 minutes, turning once, until cooked through. Let cool, then cut into bite-sized pieces.
2. Meanwhile, cook the pasta to pack instructions. Drain.
3. In a bowl, combine the chicken, pasta, tomatoes and pesto. Serve garnished with the basil.



Day 5

Breakfast

Instant croque madame

Serves 1, Prep 5 mins, Cook 5 mins



Calorie controlled cooking spray

1 egg

1 slice WW Soft Malted Danish Bread

¼ tsp Dijon mustard

2 slices wafer thin ham

1 slice WW Reduced Fat Sliced Mature Cheese

1. Mist a small nonstick pan with calorie controlled cooking spray and set over a medium heat. Add 1 tbsp water then crack the egg into the pan and cook for 2-3 minutes, until the white is set and yolk is soft.

2. Meanwhile, heat grill to medium and toast the bread. Spread with the mustard and top with the ham and cheese.

3. Grill for 1-2 minutes, until the cheese is melted. Top with the fried egg, season and serve.



Lunch

Tuna, lime & coriander baked potato

Serves 1, Prep 5 mins, Cook 10 mins



200g potato

120g tin tuna in spring water, drained

1 tbsp lime juice

1 red pepper, sliced

¼ cucumber cut into chunks

1 tsp fresh chopped coriander leaves, to serve

1. Preheat the oven to 220°C, Gas Mark 7. Prick the potato all over with a fork, place on a plate and microwave on High (850W) for 2 mins. Turn it over and microwave for a further 2 mins or until tender. Transfer to a baking sheet and spray with calorie controlled cooking spray. Season and bake in the oven for 20 mins to crisp the skin.

2. Mix the tuna with the lime juice, red pepper, cucumber chunks and fresh coriander leaves.

3. Slice the potato open, spoon over the tuna mix then serve with a ZeroPoint salad.



cut into 24 strips; place strips horizontally on the work surface in front of you. Top each strip with 1 piece of chicken.

3. Combine mustard and honey in a small bowl; set half aside to use as a dip. Use a pastry brush to brush each piece of chicken with some of the remaining honey-mustard. Roll the pastry around the chicken (chicken will stick out at ends).

4. Arrange the chicken bites on the prepared baking tray. Bake for 15-20 minutes, until the pastry is golden brown and the chicken is cooked through. Let cool for 5 minutes.

5. Meanwhile, stir together the reserved honey-mustard and soy sauce in the majority of the chives a small serving bowl; stir in chives. Sprinkle the chicken bites with the remaining chives and serve with the sauce.

Snacks

Honey mustard chicken bites

Makes 24, Prep 10 mins, Cook 20 mins



225g puff pastry block

450g skinless and boneless chicken thighs

60g Dijon mustard

2 tbsp honey

1½ tsp soy sauce

1 tsp chives, chopped

1. Preheat oven to 190°C, fan 170°C, gas mark 5. Line a large baking sheet with baking paper.

2. Unroll the pastry block and

150g 0% fat natural Greek yogurt with fruit

Serves 1, Prep 5 mins



Dinner

Turkey & sweet potato chilli

Serves 4, Prep 10 mins, Cook 45 mins



Calorie controlled cooking spray

500g turkey breast mince

1 onion, diced

3 garlic cloves, chopped

250g sweet potato, cubed

1 tsp hot chilli powder

400g tin red kidney beans in chilli sauce

400g tin chopped tomatoes

2 x 250g pouches microwavable wholegrain rice

300g spinach

1. Heat a wide, nonstick, sauté pan and mist with cooking spray. Add the turkey, season, then cook over a high heat for 5-6 minutes, breaking the mince up with a wooden spoon, until there is no pink meat left. Tip onto a plate and set aside.
2. Mist the pan with spray and add the onion, garlic and sweet potato, with a splash of water. Cook over a medium-high heat for 15 minutes, stirring occasionally and adding more water to prevent sticking, until the vegetables are tender.
3. Stir through the chilli powder, beans and tomatoes. Fill the empty bean tin with water and pour into the pan. Return the cooked mince to the pan, stir to combine, and simmer for 15-20 minutes.
4. Cook the rice to pack instructions. Stir the spinach into the chilli to wilt and serve with the rice, seasoned with black pepper.



Shopping list

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

Fruit & vegetables

- 1 beetroot
- 1 butternut squash
- 1 passion fruit
- 1 red chilli
- 1 red pepper
- 1 yellow pepper
- 2 bananas
- 1 cucumber
- 2 onions
- 3 tomatoes
- 3 green chillies
- 4 red onions
- 9 garlic cloves
- 100g button mushrooms
- Pomegranate seeds
- 250g sweet potatoes
- 200g jacket potato
- Cherry tomatoes
- Fresh fruit and veg (for snacks)
- Fresh ginger
- Fresh herbs (you'll need basil, chives, coriander, dill, mint, rosemary)
- Lettuce
- Mixed berries
- Rocket
- Salad leaves
- Spinach
- Strawberries

Meat, fish, poultry & alternatives

- 2 bacon medallions
- 70g cooked skinless chicken breast fillet
- 115g skinless salmon fillet

Shopping list

- 165g skinless chicken breast fillet
- 450g skinless and boneless chicken thighs
- 500g cod loin
- 500g extra lean beef mince (5% fat)
- 500g turkey breast mince
- Wafer thin ham
- Sourdough bread
- WW Soft Malted Danish Bread
- Extra virgin olive oil
- Harissa paste
- Honey
- Lemon juice
- Lime juice
- Milk chocolate (you'll need 60g)
- Passata
- Pickled gherkins
- Pine nuts
- Plain flour
- Popcorn kernels
- Porridge oats
- Rapeseed oil
- Reduced-fat green pesto
- Reduced-fat mayonnaise
- Soy sauce
- Vanilla bean paste
- Vanilla extract
- Wholewheat fusilli

Store cupboard

- 2 x 250g pouches microwavable wholegrain rice
- 3 x 400g tins chopped tomatoes
- 120g tin tuna in spring water
- 400g tin green lentils
- 400g tin chickpeas
- 400g tin pinto beans
- 400g tin red kidney beans in chilli sauce
- Agave syrup
- Baking powder
- Cadbury mini eggs (you'll need 20g)
- Calorie controlled cooking spray
- Caster sugar
- Dijon mustard
- Dried herbs & spices (you'll need cayenne pepper, chilli flakes, cumin seeds, dried oregano, dried rosemary, English mustard powder, garlic granules, ground nutmeg, ground turmeric, hot chilli powder, mustard seeds, paprika, za'atar)

Dairy, eggs, chilled & frozen

- 0% fat natural Greek yogurt
- 9 eggs
- Light mozzarella
- Frozen berries
- Frozen broad beans
- Half-fat Cheddar cheese
- Light feta
- Light halloumi
- Low-fat soft cheese
- Low-fat spread
- Puff pastry block
- Vegetarian Italian-style hard cheese
- WW Reduced Fat Sliced Mature Cheese

Bakery

- 4 medium burger buns
- 4 x 50g naan breads
- 5 WW White Wraps

Smart swaps & top tips

French berry overnight oats

For a vegan alternative try making this with 200g plain soya yogurt instead of the 0% fat natural Greek yogurt.

7 4 0

Mushroom & tomato omelette

Try making this in the WW Microwave Omelette Maker. The veggies can be steamed inside before being added to the egg mixture then added the omelette maker.

Stock the fridge

Always keep on hand basics like low-fat milk, yogurt, cheese, eggs, ketchup, mustard, reduced-fat mayonnaise and low-fat spread.

Turkey & sweet potato chilli

To reduce the SmartPoints on Purple, serve with 240g brown rice (dry weight) cooked to pack instructions instead of the microwavable rice.

12 11 3

Tex-Mex tomatoes on toast

You can replace the pinto beans for cannellini beans if you wish.

4 1 1

Cod & chickpea curry

This could also be served with 240g brown rice (dry weight) cooked to pack instructions instead of the naan breads.

10 7 1

Don't forget the drinks!

Sparkling and infused waters and herbal teas can add variety to your day. Having some of these on hand is a great weight-loss strategy: a zero SmartPoints drink can often take the place of a snack when you feel like you need a little something.

Stock up on frozen foods

Picking up frozen veggies ensures you'll always have the makings of a healthy meal. Frozen unsweetened fruits are an affordable luxury when your favourites are out of season, and frozen veg can become speedy sides on busy weeknights.

Stock the store cupboard

Store cupboard items last a long time. If your budget and storage space allow, create a stash of items such as tinned beans and pulses, chopped tomatoes, light coconut milk, tuna, dried pasta, rice and grains and oils and vinegars.

Prep is key

Prepare 'ready to eat' snacks to keep in the fridge for those hungry moments, like a pot of homemade houmous, sliced peppers, carrots and cucumber.

Start moving more

Exercise not only boosts your weight loss but also releases 'feel good' endorphins. You could also make new friends if you join a gym or attend classes.

Try a new recipe each week

On the WW app you can search for recipes filtered by meal time, dietary needs, ingredient, SmartPoints value, prep time and more!

WW.com



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SKU: 203619

