

Vegetarian 5-day meal plan

Servings
All breakfasts & lunches serve 1. All dinners serve 4.

Fresh fruit
Include each day as a ZeroPoint™ snack.

Rollovers
You can roll over up to 4 unused daily SmartPoints values into your weeklies.

	DAY 1			DAY 2			DAY 3			DAY 4			DAY 5		
	G	B	P	G	B	P	G	B	P	G	B	P	G	B	P
Breakfast	Poached egg & avocado on toast Toast 1 slice of WW Soft Malted Danish Bread . Crack an egg into a pan of simmering water and poach for 3 minutes until whites are set and yolks are still soft. To serve, top the toast with poached egg, sprinkle over the chilli flakes , season to taste.			Toasty porridge with spiced apple compote Place 1 peeled, cored and chopped cooking apple into a pan with 1 tsp lemon juice , 1 clove , pinch of ground cinnamon & ½ tsp caster sugar . Cover and cook gently for 5 minutes. Stir in to taste. Place 30g porridge oats in a nonstick pan and toast over a medium high heat until fragrant. Add 200ml skimmed milk , slowly bring to a boil whilst stirring. Simmer on a low heat stirring often for 10 minutes until cooked and creamy. Spoon into a bowl and top with compote and 1 tsp 0% fat natural Greek yogurt .			Cottage cheese & sliced tomato on toast Toast 1 slice calorie controlled bread and spread with 1 tsp low-fat spread . Top the toast with sliced tomatoes , 40g reduced-fat natural cottage cheese and garnish with fresh basil , to serve.			Bircher muesli Put 40g porridge oats and 15g dried apricots in a large bowl and pour over 150ml skimmed milk . Stir, cover and refrigerate overnight. Serve the muesli chilled, with 50g raspberries stirred through.			Tropical fruit salad with oats Toast 10g porridge oats & 5g desiccated coconut in a pan over a medium heat for 2 mins. Stir 75g mango , ¼ kiwi (peeled & sliced), the pulp & seeds from ½ passion fruit , ¼ lemon chopped fresh mint & ¼ lemon freshly squeezed orange juice in a bowl. Combine 100g 0% fat natural Greek yogurt with ½ tsp orange juice . Serve the yogurt with the fruit, oats & fresh mint leaves scattered over.		
	Courgette & feta fritters Grate ½ courgette & 55g potato , then remove the excess water. Place in a mixing bowl, add 1 egg & stir to combine. Add 25g crumbled feta , 1 tsp each of fresh parsley and dill , a pinch of nutmeg and mix well. Season. Mist a pan with calorie controlled cooking spray , set over a medium heat and carefully drop 3 spoonfuls of mixture into the pan. Flatten fritters with the back of a spatula and cook for 2 minutes on each side. Remove from pan. Mix 1 tsp lemon juice and zest of ¼ lemon with 50g 0% fat natural Greek yogurt , season and serve fritters with yogurt dip on the side.			Quorn tikka salad Put 1 low fat natural yogurt in a bowl, stir in ½ tsp tikka curry powder . Add 2 x 70g Quorn Roast Sliced Fillets and stir to coat. Put 1½ tsp low fat natural yogurt into a bowl, a handful of mint and set aside. Place 40g salad leaves , 2 halved cherry tomatoes , ¼ chopped cucumber and 2 radishes onto a serving plate, then spoon the tikka fillets on top and drizzle with the yogurt dressing.			Roast vegetable quesadilla Preheat oven to 220°C, fan 200°C, gas mark 7. Spread ¼ diced aubergine , ¼ diced courgette , ¼ deseeded & diced yellow pepper & ¼ diced red onion on a baking sheet & mist with calorie controlled cooking spray . Scatter over ¼ tsp dried mixed herbs & toss to combine, then season to taste. Roast for 15 mins, then add 30g halved cherry tomatoes & roast for a further 10 mins until the veg is tender. Cut 1 WW White Wrap in half & scatter over 40g grated half-fat Cheddar cheese & the roasted veg. Top the wrap with the other half, pressing down gently. Mist a frying pan with cooking spray & put over a medium-high heat. Cook the quesadilla for 3-4 mins. Mist the top with more cooking spray , then flip over & cook for 3-4 mins on the other side until golden, then serve.			Pepper omelette Mist a large nonstick pan with calorie controlled cooking spray & put over a medium heat. Add 100g diced mixed peppers & cook for 3-5 mins, stirring until softened & lightly browned. Whisk 3 medium eggs in a bowl & season. Mist a pan with cooking spray & set over a medium heat. Add the eggs & cook, swirling with a fork as they set. When the eggs are still slightly runny in the middle, add the peppers, then fold the omelette in half & slide onto a plate.			Baked sweet potato with Asian slaw Preheat oven to 200°C, fan 180°C, gas mark 6. Mist a 200g potato with calorie controlled cooking spray . Bake for 1 hour until tender. Meanwhile, toss together 1 peeled and shredded carrot , 60g shredded cabbage , 20g grated fresh ginger and 1 finely chopped red chilli . In a separate bowl whisk together 10ml lime juice , 1 tsp soy sauce and toss through the vegetables. Cut open the baked sweet potato and serve topped with the slaw and a handful of coriander .		
Lunch	Mushroom & leek tagliatelle Cook 260g wholewheat tagliatelle to pack instructions and drain, saving some of the pasta water. Mist a nonstick pan with calorie controlled cooking spray and place over a medium heat. Add 1 thinly sliced leek and cook for 3-4 minutes until soft. Add 250g sliced mushrooms and cook for a further 5-6 minutes until tender. Add 2 crushed garlic cloves and cook for 1 minute. Stir in 150g half fat crème fraîche , zest of 1 lemon , 2 tsp parsley and a little pasta water to loosen the sauce. Toss together pasta and sauce and serve with 2 tsp grated vegetarian Italian-style hard cheese , extra parsley and lemon wedges.			Ribollita Heat 1 tbsp olive oil in a pan, Add 1 onion , 1 carrot , 2 celery sticks (all finely chopped) and cook slowly for 10 mins until soft. Season to taste, then stir in 3 crushed garlic cloves , 1 tsp fennel seeds and 1 tsp mixed dried herbs . Cook for another minute. Pour in 400g tin chopped tomatoes , 400g tin cannellini beans , along with a splash of water. Add 120g shredded cavolo nero and 150g rustic white bread cut into chunks. Cover and cook on a low heat for 30 minutes. Just before serving poach 4 eggs in a pan of simmering water for 2-3 minutes. Spoon the soup into 4 bowls and serve with a poached egg on top. Sprinkle over 1 tbsp grated vegetarian Italian-style hard cheese .			Loaded sweet potato tacos Preheat the oven to 220°C, fan 200°C, gas mark 7. Put 350g peeled and finely diced sweet potatoes on a large baking tray, mist with calorie controlled cooking spray and toss with 2½ tsp paprika until evenly coated. Roast for 20 minutes until tender and just starting to brown. Transfer to a large bowl and allow to cool. Add 120g tinned black beans , 1 chopped red onion , 2 finely diced tomatoes and 20ml lime juice to the sweet potatoes. Season and toss to combine. To serve heat 8 x 13g crunchy taco shells to pack instructions, fill with the sweet potato mixture and top with salad leaves .			Red Thai coconut curry Mist a nonstick pan with calorie controlled cooking spray and put over a medium heat, add 70g Thai red curry paste & cook for 1-2 minutes until fragrant. Add 500g broccoli cut into florets and 1 cubed aubergine , cook for 6-8 minutes until vegetables are beginning to soften. Pour in 400ml reduced fat coconut milk & stir well to combine. Simmer for 10 minutes until the vegetables are tender and sauce has thickened slightly. Meanwhile cook 200g brown basmati rice according to pack instructions, then drain. Stir some chopped fresh coriander through the curry, then serve with the cooked rice.			White pizza with ricotta & asparagus Preheat oven to 220°C, fan 200°C, gas mark 7. Roll out 220g pizza dough (we used The Northern Dough Co.) into two 12" pizza discs and place on a baking tray. Put 250g ricotta cheese in a food processor with 2 garlic cloves , season and blitz until ricotta is creamy and garlic is puréed. Divide the ricotta between the two pizzas and spread evenly across the surface. Scatter over 250g sliced asparagus , 2 tsp capers . Divide 125g ball light mozzarella between the two pizzas. Spray each with calorie controlled cooking spray . Bake in oven for 12-15 minutes. Serve immediately.		
	Mini Babybel Light 2 x 8g salt & vinegar rice cakes			2 x 10g rye crispbreads with 35g medium fat soft cheese 150g 0% fat natural Greek yogurt with fresh fruit			Homemade chips (250g potato , cooking spray , seasoning) with 1 tbsp reduced fat mayonnaise 150g 0% fat natural Greek yogurt with fresh fruit			20g peanut butter & sliced banana on 1 slice toasted calorie controlled bread 150g 0% fat natural Greek yogurt with fresh fruit			WW crisps (any flavour) 150g 0% fat natural Greek yogurt with fresh fruit		
Snacks															
	27 23 16			24 15 13			26 23 14			30 23 14			23 19 14		