

Day 1

<b>BREAKFAST</b>	<b>6</b>
Strawberry and almond oats	
▲ 30g rolled oats, cooked with	<b>3</b>
▲ 1 cup skim milk, topped with	<b>2</b>
5 chopped almonds and	<b>1</b>
▲ 1 cup sliced strawberries	<b>0</b>
<b>LUNCH</b>	<b>5</b>
Ham, cheese and salad wrap	
1 multigrain tortilla, filled with	<b>3</b>
1 tbs extra light cheddar cheese	<b>1</b>
▲ 2 slices 97% fat free deli sliced ham	<b>1</b>
▲ 1 cup cos lettuce, finely shredded	<b>0</b>
▲ 1 diced tomato	<b>0</b>
▲ 1/2 carrot, finely grated	<b>0</b>
<b>DINNER</b>	<b>9</b>
Wholemeal pasta Bolognese with steamed green beans	
▲ 40g dry wholemeal pasta, cooked, topped with Bolognese sauce	<b>3</b>
1 tsp olive oil, heated in pot for browning	<b>1</b>
▲ 1/4 cup chopped garlic, onion and basil	<b>0</b>
125g lean beef mince, add	<b>5</b>
▲ 1 x 400g can diced tomato	<b>0</b>
▲ 1 grated zucchini	<b>0</b>
▲ 1 grated carrot	<b>0</b>
▲ 1/2 cup of spinach	<b>0</b>
▲ 1 cup steamed green beans	<b>0</b>
<b>SNACKS</b>	<b>6</b>
▲ 2 thin corn cakes, spread	<b>1</b>
1 tbs hummus	<b>1</b>
1/2 cup diet jelly	<b>0</b>
200g tub 99% fat free fromage frais	<b>4</b>
▲ 1 cup fresh melon fruit salad	<b>0</b>
<b>TOTAL DAILY PROPOINTS*</b>	<b>26</b>

Day 2

<b>BREAKFAST</b>	<b>5</b>
Wheat biscuit cereal and blueberries	
▲ 2 wheat biscuits, with	<b>3</b>
▲ 1 cup skim milk, topped with	<b>2</b>
▲ 1/2 cup fresh blueberries	<b>0</b>
<b>LUNCH</b>	<b>6</b>
Omelette with grain toast, served with a garden salad	
▲ 2 eggs, lightly beaten with	<b>3</b>
▲ 1/2 capsicum, diced and	<b>0</b>
▲ 1/4 cup finely chopped chives, cooked in pan with	<b>0</b>
1 tsp canola oil, served with	<b>1</b>
1 slice multigrain toast	<b>2</b>
▲ 1 cup mixed salad leaves, tossed with	<b>0</b>
▲ 1 cucumber, sliced	<b>0</b>
▲ 1 tomato, quartered	<b>0</b>
1 tsp balsamic vinegar	<b>0</b>
<b>DINNER</b>	<b>9</b>
Baked salmon on a bed of brown rice served with steamed broccoli and asparagus	
95g grilled salmon, served on	<b>5</b>
▲ 1/2 cup cooked brown rice	<b>3</b>
▲ 1 cup steamed broccoli	<b>0</b>
▲ 5 asparagus spears, steamed, drizzled with	<b>0</b>
1 tsp olive oil	<b>1</b>
<b>SNACKS</b>	<b>6</b>
▲ 1/2 cup steamed sugar snap peas	<b>0</b>
▲ 1 banana	<b>0</b>
▲ 200g tub no-fat Greek Style yoghurt	<b>3</b>
▲ 1 rye crispbread, topped with	<b>1</b>
1/4 avocado, sliced	<b>2</b>
▲ 5 canned apricot halves	<b>0</b>
<b>TOTAL DAILY PROPOINTS*</b>	<b>26</b>

Day 3

<b>BREAKFAST</b>	<b>6</b>
Banana smoothie and crumpet with honey	
▲ 1 banana, blended with	<b>0</b>
▲ 1 cup skim milk	<b>2</b>
1 crumpet, topped with	<b>2</b>
2 tsp Weight Watchers Canola Spread	<b>1</b>
1 tsp honey	<b>1</b>
<b>LUNCH</b>	<b>8</b>
Tuna topped crispbread served with salad	
▲ 6 rye crispbread, topped with	<b>4</b>
▲ 3 tbs low fat cottage cheese and	<b>1</b>
▲ 1 x 95g can tuna, in Springwater, drained	<b>2</b>
▲ 1 cup baby spinach leaves, tossed with	<b>0</b>
▲ 4 baby beetroot, drained	<b>0</b>
▲ 1/2 cucumber, sliced	<b>0</b>
▲ 1/2 capsicum, sliced, drizzled with	<b>0</b>
1 tsp olive oil	<b>1</b>
<b>DINNER</b>	<b>9</b>
Grilled chicken breast, pumpkin, green bean and carrots with couscous	
▲ 120g grilled chicken breast, served on	<b>4</b>
1/2 cup boiled couscous, tossed with	<b>3</b>
▲ 1/2 cup steamed green beans	<b>0</b>
▲ 1 cup roasted pumpkin, cut into cubes, and	<b>0</b>
▲ 1 steamed carrot, sliced, drizzled with	<b>0</b>
2 tsp olive oil	<b>2</b>
<b>SNACKS</b>	<b>3</b>
▲ 1 pear	<b>0</b>
2 fresh dates	<b>0</b>
1 muesli bar with nuts	<b>3</b>
<b>TOTAL DAILY PROPOINTS*</b>	<b>26</b>

Day 4

<b>BREAKFAST</b>	<b>7</b>
Muesli with honey and apple	
40g natural muesli	<b>4</b>
▲ 1 cup skim milk, topped with	<b>2</b>
1 tsp honey and	<b>1</b>
▲ 1 sliced apple	<b>0</b>
<b>LUNCH</b>	<b>8</b>
Chickpea and egg salad	
▲ 1/2 cup cooked chickpeas, tossed with	<b>3</b>
▲ 1 cup of rocket leaves	<b>0</b>
▲ 1 tomato, cut into eights	<b>0</b>
▲ 1/2 diced yellow, red and green capsicum	<b>0</b>
▲ 1/4 red onion, finely chopped, drizzled with	<b>0</b>
1 tsp olive oil, topped with	<b>1</b>
▲ 1 boiled egg, sliced	<b>2</b>
1 small mixed grain bread roll, on the side	<b>2</b>
<b>DINNER</b>	<b>8</b>
Lamb cutlet served with pearl barley and steamed vegetables	
2 lamb cutlets marinated with garlic, grilled served with	<b>5</b>
▲ 1/2 cup cooked pearl barley	<b>2</b>
▲ 1/2 cup steamed cauliflower florets	<b>0</b>
▲ 1/2 cup steamed broccoli florets	<b>0</b>
▲ 1/2 cup steamed carrot, sliced, drizzled with	<b>0</b>
1 tsp olive oil	<b>1</b>
<b>SNACKS</b>	<b>3</b>
8 rice crackers, topped with	<b>1</b>
2 tbs light cream cheese	<b>2</b>
4 fresh dates	<b>0</b>
▲ 1 bowl black grapes	<b>0</b>
<b>TOTAL DAILY PROPOINTS*</b>	<b>26</b>

Day 5

<b>BREAKFAST</b>	<b>6</b>
English muffin with cream cheese and jam	
1 wholemeal English muffin, topped with	<b>3</b>
2 tsp light cream cheese	<b>1</b>
1 tsp strawberry jam	<b>0</b>
▲ 1 pear, blended with	<b>0</b>
▲ 1 cup skim milk	<b>2</b>
<b>LUNCH</b>	<b>9</b>
Open beef sandwich with grilled onion, served with salad	
2 slices sourdough bread, topped with	<b>6</b>
1 tsp wholegrain mustard	<b>0</b>
2 slices deli sliced roast beef	<b>2</b>
▲ 2 slices beetroot, and	<b>0</b>
▲ 1 grilled onion, quarters, served with	<b>0</b>
▲ 1 cup mixed salad leaves, tossed with	<b>0</b>
▲ 1/2 cucumber, sliced	<b>0</b>
▲ 1 tomato, quartered, drizzled with	<b>0</b>
1 tsp olive oil	<b>1</b>
<b>DINNER</b>	<b>6</b>
Grilled pork leg steak on coleslaw, topped with apple puree, served with steamed green beans	
▲ 90g grilled pork leg steak, topped with	<b>3</b>
1 tbs apple puree	<b>0</b>
▲ 1 cup coleslaw mix, no dressing	<b>0</b>
▲ 2 chat potatoes, baked and	<b>2</b>
▲ 1/2 cup green beans, boiled, drizzled with	<b>0</b>
1 tsp olive oil	<b>1</b>
<b>SNACKS</b>	<b>5</b>
▲ 1 orange	<b>0</b>
▲ 2 cups air popped popcorn	<b>3</b>
▲ 200g diet yoghurt	<b>2</b>
<b>TOTAL DAILY PROPOINTS*</b>	<b>26</b>

Day 6

**BREAKFAST** **6**

- Wheat flakes with peach
- ▲ 1 bowl wheat flakes with **4**
- ▲ 1 cup skim milk, topped with **2**
- ▲ 1 peach, sliced **0**

**LUNCH** **5**

- Chicken and lentil salad
- ▲ 1 cup mixed salad leaves tossed with **0**
- ▲ 1/2 capsicum, grilled no oil **0**
- ▲ 1/4 cup grated carrot **0**
- ▲ 1/4 cup diced cucumber **0**
- ▲ 5 cherry tomatoes, halved **0**
- ▲ 1/2 cup lentils, drained **2**
- ▲ 70g shredded chicken breast, drizzled with **2**
- 1 tsp olive oil **1**

**DINNER** **8**

- Grilled fish with mash and steamed vegetables
- ▲ 190g grilled barramundi fillet, served with **5**
- ▲ 100g potato, mashed with skim milk **2**
- ▲ 1/2 steamed zucchini, sliced **0**
- ▲ 2 branches steamed broccolini **0**
- ▲ 3 steamed baby squash, drizzled with **0**
- 1 tsp olive oil **1**

**SNACKS** **7**

- ▲ 2 cups air popped popcorn **3**
- ▲ 2 kiwi fruit **0**
- ▲ 200g diet yoghurt **2**
- ▲ 1 boiled egg **2**

**TOTAL DAILY PROPOINTS\*** **26**

Day 7

**BREAKFAST** **5**

- Yoghurt topped with cereal and mixed berries
- ▲ 200g tub no fat Greek Style yoghurt, topped with **3**
- ▲ 1 cup skim milk, topped with **2**
- ▲ 1 peach, sliced **0**

**LUNCH** **8**

- Bean salad with wholegrain roll and ricotta cheese
- ▲ 1 cup baby spinach leaves, tossed with **0**
- ▲ 1/2 can, 120g mixed beans, rinsed, drained **3**
- ▲ 5 cherry tomatoes, halved **0**
- ▲ 1/2 cup baby corn, rinsed, drained **0**
- ▲ 1 tbs spring onion, finely chopped, drizzled with **0**
- 1 tsp olive oil **1**
- 1 medium wholegrain roll, spread with **3**
- ▲ 2 tbs low fat ricotta cheese **1**

**DINNER** **8**

- Capsicum stuffed with brown rice and lentil pilau topped with roasted almonds, served with steamed vegetables
- ▲ 1 red capsicum, halved, filled with **0**
- ▲ 1/2 cup cooked brown rice and **3**
- ▲ 1/2 cup cooked lentils, topped with **2**
- 10 roasted almonds, crushed **2**
- ▲ 1/2 cup steamed cauliflower florets **0**
- ▲ 1 steamed carrot, thickly sliced **0**
- ▲ 1 cup steamed broccoli florets, drizzled with **0**
- ▲ 1 tsp olive oil **1**

**SNACKS** **5**

- ▲ 1 mandarin **0**
- ▲ 2 wholegrain crispbreads, topped with **2**
- ▲ 1 tomato, chopped with parsley salsa **0**
- ▲ 1 cup skim milk for skinny cap **2**
- ▲ 2 carrots, chopped into sticks **0**

**TOTAL DAILY PROPOINTS\*** **26**

Extra suggestions

**FOR MEMBERS ON DAILY PROPOINTS ALLOWANCE HIGHER THAN 26**

\*Duplicate your grain serve at breakfast, lunch or dinner. Keep track of your daily allowance  
 \*Add extra nuts for snacks  
 \*Add extra healthy fats like avocado on your lunch, or nut spread.

**MEAT AND MEAT SUBSTITUTES**

- ▲ 160g barramundi, baked, grilled or steamed **5**
- 90g beef fillet, grilled or barbecued **4**
- ▲ 1/2 cup borlotti beans **4**
- ▲ 140g chicken breast fillet, skinless, grilled or barbecued **5**
- 120g chicken drumstick, skin on, baked or roasted **4**
- ▲ 1/2 cup chickpeas **3**
- ▲ 11 pieces, 176g cooked prawns **4**
- 50g deli sliced roast beef **1**
- ▲ 1 medium egg, hard boiled, poached or baked **2**
- ▲ 170g flathead, baked or grilled **5**
- 90g lamb cutlet, French trimmed, grilled **5**
- ▲ 1/2 cup lentils **2**
- ▲ 19 pieces, 152g mussels **3**
- ▲ 140g pork fillet, trimmed, fried **4**
- ▲ 1/2 cup red kidney beans **2**
- 85g salmon fillet, baked or grilled **5**
- 60g smoked salmon **2**
- ▲ 100g tofu, firm **3**
- ▲ 95g tuna, canned in Springwater, drained **2**
- ▲ 2 rashers, 28g Weight Watchers Bacon **1**

**GRAINS, BREADS AND CEREAL**

- ▲ 2 cups air popped popcorn, no fat and salt **3**
- 1 individual 93g bagel **6**
- 1 small, 30g bread roll **2**
- ▲ 1/2 cup brown rice, boiled **3**
- 1/2 cup couscous, boiled **3**
- 1 plain, 45g crumpet, toasted **2**
- 40g natural muesli **4**
- ▲ 30g natural rolled oats **3**
- 10 rice crackers, plain or flavoured **2**
- ▲ 3 slices rye crispbread **2**
- 2 regular taco shells **3**
- ▲ 2 wheat biscuits **3**
- 1/2 cup white rice, boiled **4**
- 2 slices wholegrain or multigrain bread **4**
- 1 medium, 50g wholemeal bread roll **3**
- ▲ 40g wholemeal pasta, dry **3**
- ▲ 1 large wholemeal pita **5**

**STARCHY VEGETABLES WITH PROPOINTS VALUES**

- ▲ 1/2 cup corn kernels, canned and drained **2**
- ▲ 80g orange sweet potato, boiled **2**
- ▲ 120g jacket potato, baked **2**
- ▲ 1/2 cup parsnips, boiled **1**
- ▲ 1/2 cup peas, boiled **1**
- ▲ 91g potato, boiled **1**
- ▲ 100g potato, mashed with skim milk **2**

**FATS AND OILS**

- 1/2 avocado **4**
- 10 cashews or almonds **2**
- 1 tsp healthy oil (canola, flaxseed, olive, safflower and sunflower) **1**
- 1 tbs, 20g hummus **1**
- 1 tbs, 25g peanut butter **4**
- 2 tsp pumpkin seeds **1**
- 1 tsp sesame oil **1**
- 1 tsp, 5g Weight Watchers Canola spread **1**

**DAIRY**

- 1 slice, 21g light cheddar cheese **2**
- 30g bocconcini cheese **2**
- 30g haloumi cheese **2**
- 2 tsp light cream cheese **1**
- ▲ 150g low fat natural yoghurt **2**
- ▲ 2 tbs, 40g low fat ricotta cheese **1**
- ▲ 150g diet vanilla yoghurt **2**
- ▲ 150g no fat Greek Style yoghurt **2**
- ▲ 1/2 cup skim milk **1**
- ▲ 2 tbs, 40g Weight Watchers Cottage Cheese **1**

**SNACKS AND TREATS**

- 1/2 cup, 135g baked beans, canned in tomato sauce **2**
- 1 individual, 100g Californian sushi roll **3**
- 1 slice, 88g chocolate mud cake **13**
- 1 donut, 50g cinnamon sugar donut **5**
- 4 squares, 30g dark chocolate **4**
- 1 slice, 79g ham and pineapple pizza, thin base **5**
- 6 individual Jatz biscuits **3**
- 6 squares, 42g milk chocolate **6**
- 1 glass, 150ml orange juice **2**
- 1 glass, 150ml red wine **4**
- 1 glass, 150ml sparkling white wine **4**
- 2 tsp vegemite **0**
- 1 Weight Watchers Choc Crisp Original bar **2**
- 1 Weight Watchers fruit cereal bar **3**
- 1 individual Weight Watchers Belgian Chocolate Brownies **2**
- 1 packet Weight Watchers Nibbles **2**
- 1 Weight Watchers nut bar, any flavours **4**