

Day 1

BREAKFAST 7

Strawberry and almond oats

- 30g rolled oats, cooked with 3
- 1 cup skim milk, topped with 3
- 5 chopped almonds and 1
- 1 cup sliced strawberries 0

LUNCH 7

Ham, cheese and salad wrap

- 1 multigrain tortilla, filled with 4
- 2 slices (30g) extra light cheddar cheese 2
- 3 slices 97% fat free deli sliced ham 1
- 1 cup cos lettuce, finely shredded 0
- 1 diced tomato 0
- 1/2 carrot, finely grated 0

DINNER 9

Wholemeal pasta Bolognese with steamed green beans

- 40g dry wholemeal pasta, cooked, topped with Bolognese sauce 4
- 1 tsp olive oil, heated in pot for browning 1
- 1/4 cup chopped garlic, onion and basil 0
- 125g lean beef mince, add 4
- 1x 400g can diced tomato 0
- 1 grated zucchini 0
- 1 grated carrot 0
- 1/2 cup of spinach 0
- 1 cup steamed green beans 0

SNACKS 7

- 2 thin corn cakes, spread 1
- 1 tbs hummus 1
- 1/2 cup no-fat Greek-style natural yoghurt 3
- 2 slices (30g) extra light cheddar cheese 2
- 1 cup fresh melon fruit salad 0

TOTAL DAILY SMARTPOINTS™ 30

Day 2

BREAKFAST 6

Wheat biscuit cereal and blueberries

- 2 wheat biscuits, with 3
- 1 cup skim milk, topped with 3
- 1/2 cup fresh blueberries 0

LUNCH 6

Omelette with grain toast, served with a garden salad

- 2 eggs, lightly beaten with 3
- 1/2 capsicum, diced and 0
- 1/4 cup finely chopped chives, cooked in pan with 0
- 1 tsp olive oil, served with 1
- 1 slice multigrain toast 2
- 1 cup mixed salad leaves, tossed with 0
- 1 cucumber, sliced 0
- 1 tomato, quartered 0
- 1 tsp balsamic vinegar 0

DINNER 10

Baked salmon on a bed of brown rice served with steamed broccoli and asparagus

- 95g skinless grilled salmon, served on 5
- 1/2 cup cooked brown rice 4
- 1 cup steamed broccoli 0
- 5 asparagus spears, steamed, drizzled with 0
- 1 tsp olive oil 1

SNACKS 8

- 1/2 cup steamed sugar snap peas 0
- 1 banana 0
- 200g tub no-fat Greek Style yoghurt 4
- 1 rye crispbread, topped with 1
- 1/4 avocado, sliced 2
- 2 tbs Weight Watchers 97% fat free Cottage Cheese 1
- 5 canned apricot halves in natural juice, drained 0

TOTAL DAILY SMARTPOINTS™ 30

Day 3

BREAKFAST 9

Crumpet with honey and banana

- 1 banana, sliced 0
- 1 skim cappuccino 3
- 1 crumpet, topped with 3
- 1 tsp Weight Watchers Canola Spread 1
- 1 tsp honey 2

LUNCH 7

Tuna topped crispbread served with salad

- 6 rye crispbread, topped with 4
- 3 tbs Weight Watchers Cottage Cheese and 1
- 1x 95g can tuna, in Springwater, drained 1
- 1 cup baby spinach leaves, tossed with 0
- 4 baby beetroot, drained 0
- 1/2 cucumber, sliced 0
- 1/2 capsicum, sliced, drizzled with 0
- 1 tsp olive oil 1

DINNER 6

Grilled chicken breast, pumpkin, green bean and carrots with couscous

- 120g grilled chicken breast, served on 2
- 1/2 cup boiled couscous, tossed with 3
- 1/2 cup steamed green beans 0
- 1 cup roasted pumpkin, cut into cubes, and 0
- 1 steamed carrot, sliced, drizzled with 0
- 1 tsp olive oil 1

SNACKS 8

- 1 pear 0
- 200g tub no-fat Greek style yoghurt 4
- 1 muesli bar with nuts 4
- 2 fresh dates 0

TOTAL DAILY SMARTPOINTS™ 30

Day 4

BREAKFAST 10

Muesli with honey and apple

- 40g natural muesli 5
- 1 cup skim milk, topped with 3
- 1 tsp honey and 2
- 1 sliced apple 0

LUNCH 8

Chickpea and egg salad

- 1/2 cup canned, drained chickpeas, tossed with 2
- 1 cup of rocket leaves 0
- 1 tomato, cut into eighths 0
- 1/2 yellow, red and green capsicum, diced 0
- 1/4 red onion, finely chopped, drizzled with 0
- 1 tsp olive oil, topped with 1
- 1 boiled egg, sliced 2
- 1 medium mixed grain bread roll, on the side 3

DINNER 7

Lamb cutlet served with pearl barley and steamed vegetables

- 2 lamb cutlets marinated with garlic, grilled served with 3
- 1/2 cup cooked pearl barley 3
- 1/2 cup steamed cauliflower florets 0
- 1/2 cup steamed broccoli florets 0
- 1/2 cup steamed carrot, sliced, drizzled with 0
- 1 tsp olive oil 1

SNACKS 5

- 10 rice crackers, topped with 2
- 2 tbs light cream cheese 3
- cherry tomatoes 0
- 2 fresh dates 0

TOTAL DAILY SMARTPOINTS™ 30

Day 5

BREAKFAST 9

English muffin with cream cheese and jam

- 1 wholemeal English muffin, topped with 4
- 2 tsp light cream cheese 1
- 2 tsp reduced sugar strawberry jam 1
- 1 cup skim milk for tea or coffee 3

LUNCH 10

Open beef sandwich with grilled onion, served with salad

- 2 (40g) slices sourdough bread, topped with 6
- 1 tsp wholegrain mustard 0
- 2 slices deli sliced roast beef 2
- 1 slice (15g) extra light cheddar cheese 1
- 2 slices beetroot, and 0
- 1 grilled onion, quarters, served with 0
- 1 cup mixed salad leaves, tossed with 0
- 1/2 cucumber, sliced 0
- 1 tomato, quartered, drizzled with 0
- 1 tsp olive oil 1

DINNER 5

Grilled pork leg steak on coleslaw, topped with apple puree, served with steamed green beans

- 120g grilled pork leg steak, topped with 2
- 1 tbs apple puree 1
- 1 cup coleslaw mix, no dressing 0
- 2 chat potatoes, baked and 1
- 1/2 cup green beans, boiled, drizzled with 0
- 1 tsp olive oil 1

SNACKS 6

- 1 orange 0
- 1 pear 0
- 2 cups air popped popcorn 3
- 200g no fat, no added sugar yoghurt 3

TOTAL DAILY SMARTPOINTS™ 30

Day 6

BREAKFAST

Wheat flakes with peach

8

- 1 bowl wheat flakes (40g) with 4
- 1 cup skim milk, topped with 3
- 1 peach, sliced 0
- 2 tsp LSA (linseeds, sunflower seeds and almonds) 1

LUNCH

Chicken and lentil salad

8

- 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
- 100g shredded chicken breast, drizzled with 2
- 1 tsp olive oil 1
- 1 medium (50g) multigrain bread roll 3

DINNER

Grilled fish with mash and steamed vegetables

6

- 190g grilled barramundi fillet, served with 3
- 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

8

- 2 cups air popped popcorn 3
- 2 kiwi fruit 0
- 200g no fat, no added sugar yoghurt 3
- 1 boiled egg 2

TOTAL DAILY SMARTPOINTS™

30

Day 7

BREAKFAST

Yoghurt topped with cereal and mixed berries

8

- 200g tub no fat Greek Style yoghurt, topped with 4
- 30g natural muesli 4
- 1 cup mixed berries 0

LUNCH

Bean salad with wholegrain roll and ricotta cheese

8

- 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

Capsicum stuffed with brown rice and lentil pilau topped with roasted almonds, served with steamed vegetables

9

- 1 red capsicum, halved, filled with 0
- 1/2 cup cooked brown rice and 4
- 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 3
- 2 carrots, chopped into sticks 0

TOTAL DAILY SMARTPOINTS™

30

Extra suggestions

FOR MEMBERS ON DAILY SMARTPOINTS ALLOWANCE HIGHER THAN 30

*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 2
- 90g beef fillet, grilled or barbecued 3
- 1/2 cup borlotti beans 3
- 135g chicken breast fillet, skinless, grilled or barbecued 2
- 120g chicken drumstick, skin on, baked or roasted 3
- 1/2 cup chickpeas 2
- 11 pieces, 176g cooked prawns 2
- 50g deli sliced roast beef 1
- 1 medium egg, hard boiled, poached or baked 2
- 170g flathead, baked or grilled 2
- 90g lamb cutlet, French trimmed, grilled 4
- 1/2 cup lentils 2
- 19 pieces, 152g mussels 2
- 140g pork fillet, trimmed, fried 2
- 1/2 cup red kidney beans 3
- 85g salmon fillet, baked or grilled 4
- 60g smoked salmon 1
- 100g tofu, firm silken 3
- 95g tuna, canned in Springwater, drained 1
- 3 rashers, 42g Weight Watchers Bacon 1

GRAINS, BREADS AND CEREAL

- 2 cups air popped popcorn, no fat and salt 3
- 1 individual 93g bagel 7
- 1 small, 30g bread roll 2
- 1/2 cup brown rice, boiled 4
- 1/2 cup couscous, boiled 3
- 1 plain, 45g crumpet, toasted 3
- 40g natural muesli 5
- 30g natural rolled oats 3
- 10 rice crackers, plain or flavoured 2
- 3 slices rye crispbread 3
- 2 regular taco shells 4
- 2 wheat biscuits 3
- 1/2 cup white rice, boiled 4
- 2 slices wholegrain or multigrain bread 5
- 1 medium, 50g wholemeal bread roll 4
- 40g wholemeal pasta, dry 4
- 1 large wholemeal pita 5

STARCHY VEGETABLES WITH SMARTPOINTS VALUES

- 1/2 cup corn kernels, canned and drained 3
- 80g orange sweet potato, boiled 2
- 120g jacket potato, baked 2
- 1/2 cup parsnips, boiled 2
- 1/2 cup peas, boiled 1
- 90g potato, boiled 2
- 100g potato, mashed with skim milk 2

FATS AND OILS

- 1/2 avocado 5
- 10 cashews or almonds 3
- 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 2
- 1 tsp, 5g Weight Watchers Canola spread 1

DAIRY

- 1 slice, 21g light cheddar cheese 2
- 30g bocconcini cheese 3
- 30g haloumi cheese 3
- 2 tsp light cream cheese 1
- 150g low fat natural yoghurt 3
- 2 tbs, 40g low fat ricotta cheese 1
- 150g no fat, no added sugar yoghurt 3
- 150g no fat Greek Style yoghurt 3
- 1/2 cup skim milk 2
- 2 tbs, 40g Weight Watchers Cottage Cheese 1

SNACKS AND TREATS

- 1/2 cup, 135g baked beans, canned in tomato sauce 3
- 1 individual, 100g Californian sushi roll 4
- 1 donut, 50g cinnamon sugar donut 7
- 2 squares, 14g dark chocolate 4
- 1 slice, 79g ham and pineapple pizza, thin base 6
- 6 individual Jatz biscuits 4
- 2 squares, 14g milk chocolatee 4
- 1 glass, 150ml orange juice 4
- 1 glass, 150ml red wine 4
- 1 glass, 150ml sparkling white wine 4
- 2 tsp vegemite 0
- 1 Weight Watchers Original Choc Crunch bar (23g) 3
- 1 Weight Watchers Fruit Cereal Bar (40g) 5
- 1 individual Weight Watchers Carrot Cake Slice (22g) 3
- 1 packet Weight Watchers Nibblies 2
- 1 Weight Watchers Nut Bar, all flavours (34g) 6