**Day 1**

**BREAKFAST**
- Strawberry and almond oats
  - 30g rolled oats, cooked
  - 1/2 cup skim milk, topped with
  - 5 chapped almonds
  - 1 cup sliced strawberries

**LUNCH**
- Ham, cheese and salad wrap
  - 1 multigrain tortilla, filled with
  - 2 slices (30g) extra light cheddar cheese
  - 1 x 40g can diced tomato
  - 1/2 cucumber, sliced
  - 1/2 capsicum, sliced
  - 1/2 cup boiled couscous, tossed with steamed vegetables

**DINNER**
- Wholemeal pasta Bolognese with steamed green beans
  - 200g no fat, no added sugar yoghurt
  - 2 cups air popped popcorn
  - 1 pear
  - 1/2 cup green beans, boiled, drizzled with olive oil

**SNACKS**
- 1 small apple, sliced
- 1/2 cup steamed broccoli florets
- 1/2 cup lentils, boiled, drizzled with olive oil

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**Day 2**

**BREAKFAST**
- Wheat biscuit cereal and blueberries
  - 2 wheat biscuits, with
  - 1/2 cup fresh blueberries

**LUNCH**
- Omelette with grain toast, served with a garden salad
  - 2 eggs, lightly beaten with
  - 1/2 cup mixed salad leaves, tossed with
  - 1 cucumber, sliced
  - 1 tomato, quartered

**DINNER**
- Baked salmon on a bed of brown rice served with steamed broccoli and asparagus
  - 1/2 cup cooked brown rice
  - 1/2 cup steamed broccoli
  - 1/2 cup asparagus spears, steamed, drizzled with olive oil

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**Day 3**

**BREAKFAST**
- Crumpet with honey and banana
  - 1 banana, sliced
  - 1 banana
  - 1 cup skm milk, topped with

**LUNCH**
- Tuna topped crispbread served with salad
  - 6 rye crispbread, topped with
  - 1 cup mixed salad leaves, tossed with
  - 1/2 cucumber, sliced
  - 1/2 cup mixed salad leaves, tossed with

**SNACKS**
- 1 cup steamed broccoli
  - 1/2 cup steamed broccoli, topped with
  - 200g tub no-fat Greek Style yoghurt

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**Day 4**

**BREAKFAST**
- Muesli with honey and apple
  - 1/2 cup cottage cheese
  - 1 banana, sliced
  - 1/2 cup skm milk, topped with

**LUNCH**
- Chickpea and egg salad
  - 1/2 cup canned, drained chickpeas, tossed with
  - 1/2 cup steamed sugar snap peas
  - 1/2 cup cooked pearl barley

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**Day 5**

**BREAKFAST**
- English muffin with cream cheese and jam
  - 1 multigrain english muffin

**LUNCH**
- Open beef sandwich with grilled onion, served with salad
  - 1/2 cup steamed green beans

**SNACKS**
- 1 small banana
  - 1/2 cup steamed broccoli

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**TOTAL DAILY SMARTPOINTS™**

- **Day 1**: 30
- **Day 2**: 30
- **Day 3**: 30
- **Day 4**: 30
- **Day 5**: 30

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*Filling & Healthy foods are marked by this green symbol.*

*SmartPoints™ are marked by this symbol.*
Day 6

**BREAKFAST**
Wheat flakes with peach
- 1 bowl wheat flakes (40g) with water
- 1 cup skim milk, topped with 1 peach, sliced
- 2 tsp LSA (linseeds, sunflower seeds and almonds)

**LUNCH**
Chicken and lentil salad
- 1 cup mixed salad leaves tossed with 1/4 tsp olive oil
- 1 medium (50g) multigrain bread roll

**SNACKS**
- 2 cups air popped popcorn, no fat and salt

**DINNER**
Grilled fish with mash and steamed vegetables
- 1 medium, 50g wholemeal bread roll
- 1/2 cup rice, boiled
- 40g wholemeal pasta, dry

**TOTAL DAILY SMARTPOINTS™**

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Day 7

**BREAKFAST**
Yoghurt topped with cereal and mixed berries
- 200g tub no fat Greek Style yoghurt, topped with 30g natural muesli
- 1 cup mixed berries

**LUNCH**
Bean salad with whole grain roll and ricotta cheese
- 1 cup baby spinach leaves, tossed with 50g deli sliced roast beef
- 1 tsp olive oil
- 1/2 cup baby corn, rinsed, drained, chopped with 1 tsp, 5g Weight Watchers Canola spread

**SNACKS**
- 2 kiwi fruit
- 1 boiled egg

**TOTAL DAILY SMARTPOINTS™**

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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
- 90g beef fillet, grilled or barbecued
- 1/2 cup borlotti beans
- 120g chicken drumstick, skin on, baked or barbecued
- 150g chicken breast fillet, skinless, grilled or barbecued

**STARCHY VEGETABLES WITH SMARTPOINTS VALUES**
- 1/2 cup corn kernels, canned and drained
- 80g orange sweet potato, boiled
- 120g jacket potato, baked
- 1/2 cup parsnips, boiled
- 1/2 cup peas, boiled
- 90g potato, boiled
- 1/2 cup skim milk

**FATS AND OILS**
- 1/2 avocado
- 10 cashews or almonds
- 1 tsp healthy oil (canola, flaxseed, olive, safflower and sunflower)
- 3 rashers, 42g Weight Watchers Bacon
- 1/2 cup borlotti beans
- 1/2 cup brown rice and
- 1/2 cup lentils, drained
- 10g puffed wheat
- 1/2 cup lentils
- 2 cups air popped popcorn
- 1/2 cup brown rice, boiled
- 1/2 cup couscous, boiled
- 1 peach, sliced
- 1/2 cup rice crackers, plain or flavoured
- 1/2 cup red kidney beans
- 2 tsp light cream cheese
- 1/2 cup white rice, boiled
- 2 slices wholegrain or multigrain bread
- 1 medium, 50g wholemeal bread roll

**SMARTPOINTS™ are marked by this symbol.**