

SAMPLE NOOM DIET PLAN

CALORIES

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DAY 1	BREAKFAST:	Mixed Berry Muesli (Noom Recipe)	565
	LUNCH:	Chicken Pasta Salad (½ cup whole wheat pasta, 1 chicken breast, 1 cup romaine lettuce, ¼ cup cherry tomatoes, ½ cup cucumbers, 1 tbsp feta cheese, and 1 tbsp salad dressing)	418
	AFTERNOON SNACK:	Honeycrisp Apple and 1 tbsp Natural Peanut Butter	180
	SUPPER:	Beef, Chilli & Orange Stir-Fry (Noom Recipe)	456
	EVENING SNACK:	2 cups Air Popped Popcorn	62
	TOTAL:		1681
DAY 2	BREAKFAST:	Homemade Breakfast Sandwich (2 slices whole wheat toast, 2 eggs, 1 slice low-fat cheese, 1 slice turkey bacon) and an Orange	434
	MORNING SNACK:	1 serving of baby carrots, 2 tbsp hummus, and 4 rice crackers	190
	LUNCH:	Chicken with Warm Lentils and Kale (Noom Recipe)	453
	AFTERNOON SNACK:	¾ cup Low-Fat Greek Yogurt + ½ cup Berries	159
	SUPPER:	Grilled Salmon with Avocado Salsa (Noom Recipe) and ½ cup Basmati Rice	488
	EVENING SNACK:	Smoothie (1 cup frozen mixed fruit, ¼ cup frozen spinach, 1 cup unsweetened almond milk, 1 serving vanilla protein powder)	237
TOTAL:		1961	
DAY 3	BREAKFAST:	Oatmeal with Apple, Walnuts, and Banana (Noom Recipe)	346
	LUNCH:	Loaded Spinach Salad (Noom Recipe)	496
	AFTERNOON SNACK:	1 slice Whole Wheat Toast, ½ Banana, and 1 tbsp All-Natural Peanut Butter	236
	SUPPER:	Chicken Stir-Fry with Gnocchi (1 chicken breast, 1 cup stir fry veg, ½ cup potato gnocchi, and 1 tbsp teriyaki sauce)	510
	EVENING SNACK:	10 Grapes, 4 slices Deli Turkey, and 1 oz Low Fat Cheese	210
	TOTAL:		1798
DAY 4	BREAKFAST:	Stuffed Cinnamon French Toast (Noom Recipe)	337
	LUNCH:	2 servings Texas Chili (Noom Recipe)	366
	SUPPER:	Pork Chop with Roasted Sweet Potato and Broccoli (5oz pork chop, 1 sweet potato, 1 cup broccoli, 1 tsp avocado oil)	475
	EVENING SNACK:	¾ cup Low-Fat Greek Yogurt, ½ Banana, 1 tbsp All-Natural Peanut Butter, 1 tbsp Chocolate Chips	329
	TOTAL:		1507
DAY 5	BREAKFAST:	Pancake Breakfast (2 eggs, 1 pancake, 1/2 serving sugar-free maple syrup, 2 pieces turkey bacon, and an orange)	368
	MORNING SNACK:	Honeycrisp Apple and 1 oz Almonds	244
	LUNCH:	Pan Seared Shrimp with Chipotle-Lime Glaze (Noom Recipe), ½ cup Basmati Rice, and ½ cup steamed broccoli	388
	AFTERNOON SNACK:	10 Grapes, 4 slices Deli Turkey, 1 oz Low Fat Cheese	210
	SUPPER:	Quick Chicken Curry (Noom Recipe)	419
	EVENING SNACK:	PB & J Smoothie (1 cup frozen mixed berries, 1 tbsp all-natural peanut butter, 1 cup unsweetened almond milk, 1 serving vanilla protein powder)	307
	TOTAL:		1936
DAY 6	BREAKFAST:	Avocado Toast (2 slices whole wheat toast, ½ an avocado, 2 eggs)	455
	MORNING SNACK:	10 Grapes, 4 slices Deli Turkey, 1 oz Pistachios	319
	LUNCH:	Tuna, Spinach & Tomato Penne (Noom Recipe)	362
	AFTERNOON SNACK:	¾ cup Low Fat Cottage Cheese, ½ cup Pineapple, ¼ cup Granola	325
	SUPPER:	3 oz Pork Chop and Rice-Stuffed Pepper (Noom Recipe)	587
	EVENING SNACK:	Honeycrisp Apple and 1 tbsp All-Natural Peanut Butter	180
	TOTAL:		2228
DAY 7	BREAKFAST:	Grilled Banana Sandwiches (Noom Recipe)	446
	MORNING SNACK:	½ cup Pineapple and ½ cup Low Fat Cottage Cheese	131
	LUNCH:	Thai Chicken Salad (Noom Recipe) + ½ cup Whole Wheat Pasta (to make it a pasta salad)	430
	SUPPER:	Steak, Potatoes, and Asparagus (4oz grilled steak, 1 small baked potato, and 4 spears of Roasted asparagus)	559
	EVENING SNACK:	2 cups of Popcorn, 4 slices Deli Turkey, 10 Grapes	248
	TOTAL:		1814