

# Healthy One Week Noom Meal Plan

## DAY 1

- B:** Oatmeal, Strawberries
- L:** Apple, Orange, Strawberries, Fat-free yogurt, Chicken breast
- D:** Tuna Salad, Low-fat crackers, Raw veggies, Dressing for dip

## DAY 2

- B:** Eggs, Whole wheat toast, Jelly
- L:** Leftovers – Tuna Salad, Low-fat crackers, Raw veggies, Dressing
- D:** 5-ounce chicken breast, Salad, Dressing

## DAY 3

- B:** Oatmeal, Bananas
- L:** Grilled chicken, Salsa
- D:** Sheet pan meal, Veggies, Spices

## DAY 4

- B:** Cheese Omelette, Veggies, Salsa
- L:** Nicoise Salad
- D:** Carrot Ginger Soup

## DAY 5

- B:** Ham and Cheese Frittata
- L:** Carrot Ginger Soup
- D:** Turkey Tacos

## DAY 6

- B:** Whole-grain cereal, Fat-free milk, Fruit
- L:** Teriyaki Protein
- D:** Grilled chicken, Cucumber, Watermelon, Salsa

## DAY 7

- B:** Scrambled Egg Wrap, Whole wheat tortilla
- L:** Deli Sandwich
- D:** Crock-Pot meal