

SMILEY'S

Unofficial Guide to
Traffic Light Diets
(like Noom and Kurbo)



WELCOME!

Welcome! I'm Kevin Smiley, the creator of Smileyspoints.com. If you've followed my blog for any length of time, you know I LOVE Weight Watchers. However, I know WW doesn't work for everyone. I tried Noom on sort of a whim. My wife, who had thyroid cancer at the time, was trying to find a way of eating that worked because WW wasn't.

I designed this guide to help those who are new to the "traffic light" way of eating - whether it's Noom, Kurbo, or the old school traditional Traffic Light Diet. I hope this plan works as well for you as it has for me and my wife.

My blog is a place where you can find delicious recipes, along with tips and tricks to help you along your weight loss journey. All of my recipes are pointed for Weight Watchers. I'm working on getting them color-coded for Noom and Kurbo as well.

Before we get to the good stuff, let's get the important legal stuff out of the way: I am not affiliated with Noom in any way, shape, or form other than being an affiliate and a huge fan of the program.

Kevin





FRESH START

Every morning, start your day with a healthy breakfast. It's important to start your day off on the right foot. If you start off with a RED food, that's the momentum you're giving yourself (not a whole lot). Green foods will help you get started with a bit of energy and pep in your step. You can also eat lunch/dinner foods for breakfast!

Here are a few healthy, filling breakfast ideas:

- Whole-grain cereal with fat-free milk and fruit
- Whole-wheat toast with natural peanut butter, yogurt, and fruit
- A veggie omelette and fruit
- A breakfast burrito with beans and cheese (yellow)

Sample Breakfast:

- 1 scoop Protein Powder (150 calories)
- 1/2 banana (52 calories)
- 1.25 cup Unsweetened Almond Milk (50 calories)
- 1 cup fresh spinach (7 calories)
- 5 frozen strawberries (12 calories)

You can mix it up! If you don't like strawberries and bananas, use mixed berries. Use coconut milk instead of almond milk. The possibilities are endless.





MOMENTUM

Keep the momentum going by eating a healthy snack, followed by a high-energy, nutrient dense lunch packed full of green foods. The majority of the foods we eat are yellow foods, but we need to be mindful of portions.

Here are a few healthy, filling lunch ideas:

- A delicious tuna or turkey sandwich on whole-grain bread with baby carrots and light dressing
- Grilled or baked chicken with green beans
- Healthy, green salad with a hard-boiled egg and whole wheat crackers

Sample Lunch:

3 ounces cooked salmon (195 calories)
1 cup steamed broccoli (55 calories)
1/2 cup brown rice (107 calories)

Still hungry?

Adding fruits and veggies to your meals will beef up the nutrient content without loading up the calories.





FINISH STRONG

Start most dinners with a healthy green salad. Fill your plate with cooked veggies, seasoned well of course, and lean protein.

Here are a few healthy, filling dinner ideas:

- Lean protein, like baked fish, chicken, or turkey
- Whole grains like beans, brown rice, or whole-grain pasta
- Lean ground turkey meatballs with spaghetti and a green salad (yellow)

Sample Dinner:

Extra-lean hamburgers
(155 calories for 4oz - add more for bun)
with oven-baked fries (163 calories)

Still hungry?

Having a snack after dinner is not a bad thing, but be mindful of WHY you are eating. If it's late at night and you're watching TV, it's most likely because you're bored - not hungry. Get up and go for a walk instead!





IT WORKS

It works if you work it. Stoplight Diets are tried and true. They're one of the few "diets" that have been around for several years and for good reason! Noom is a way of eating - a way of life - that you can follow from now until forever.

EAT TO LIVE

Eat to live, don't live to eat. Food is fuel. Food should not control your life, your emotions, your every move. Eat to fuel your body, not to cure your boredom or depression or feed your feelings in any way.

NO DEPRIVATION

Don't be so strict that you're living off of chicken and salads. Noom and Kurbo do not cut out any whole food group which is critical to MY success with this program. I hate being told I "can't" have fruit!

BE HONEST

Be honest with yourself. Don't sneak an extra bite in here and there, because they really add up.



KEEP IT SIMPLE

Don't overthink it. Noom may seem overwhelming at first, but once you learn the lights, you're good to go. Keep a list of foods and their color handy until you have them memorized. Keep it simple: pre-plan and prep meals ahead when possible, drink lots of water, and get moving!

COME PREPARED

Always keep snacks on hand. No, I don't mean popcorn and chips! Keep green snacks on hand so you aren't tempted as much by healthier options. Eat every 3-4 hours so you don't get too hungry.

DON'T STARVE

Eat that food! We eat every 3-4 hours, so we never feel like we are "starving". That feeling can lead to binge eating! Using food to fuel our bodies is not something most of us are taught, but we learn to do just that with Noom.

BABY STEPS

Master one thing at a time. If you can only make one big change at a time, focus on increasing your water intake. Get in the habit of pre-planning meals. Then, add in exercise. Tackle one hurdle at a time rather than trying to squeeze everything in at once.

MY goals



Write your top 3 goals of the month. How are you going to accomplish these goals?

Ideas: drink more water, stay on plan for all breakfasts, get 10,000 steps in daily.

GOAL #1

GOAL #2

GOAL #3

FUTURE GOALS

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What are your struggles? Whether it's stress eating, not drinking enough water, hating exercise, or whatever else... outline and identify your struggles here.

#1

#2

#3

STEPS TO TAKE

RESULTS

CHANGE
YOUR

mindset

A negative mindset is like poison. Change your mindset, change your life! Write down some of the phrases you've been struggling with AND how to change them into positives. It's up to YOU to change your life. You've got this!

<input type="radio"/>		➔	

MANTRA

MANTRA

MANTRA

MANTRA

MANTRA

MANTRA

PLAN YOUR meals

List your meals and which colors they are.

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WEEKS 1 & 2

12 empty circles for tracking progress.

WEEKS 3 & 4

12 empty circles for tracking progress.

WEEKS 5 & 6

12 empty circles for tracking progress.

NOTES

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This is your 6 week plan for tracking meals and drinking water. Water is an essential part of weight loss.

Color in the top half of each circle if you stay on plan for all meals. Color in the bottom half of each circle if you drink the amount of water you're supposed to.

Use the box to the left for notes/ideas.



EXERCISE + YOU

Exercise is an integral part of improving your overall health. You get to choose your own path here: cardio, weights, or a mix of both. Whether you're walking, jogging, doing yoga, cycling, or whatever else, be sure to get your heart pumping!

WRITE YOUR EXERCISES IN EACH BOX

4 WEEK EXERCISE PLAN						



WHAT I LOVE

IMPROVEMENT NEEDED

Create some simple green and yellow meals.

#1

#2

#3

GREEN FOODS ON HAND

YELLOW FOODS ON HAND

STOP LIGHT food list

This is not an exhaustive list by any means! I created this food list to get you acquainted with some common foods from each color category. Add your own to the bottom.

GREEN

YELLOW

RED

apples, oranges

pancakes

biscuits

whole grains

beef jerky

whole milk

brown rice

peanut butter

creamed corn



Thank you for downloading my guide to Traffic Light Diets! Whether you're following Noom, Kurbo, or something in between, this way of eating can be extremely beneficial for weight loss in a healthy, sustainable way.

To get more resources, advice, recipes, and more, visit my website! Remember, I also have Weight Watchers points listed for every recipe. :)

smileyspoints.com

**MY 30 DAY NOOM RESULTS:
smileyspoints.com/noom-review**