

Live HealthSmart

3-DAY MEAL PLANNING

DAY
01

BREAKFAST

Blueberry Cinnamon Oatmeal

LUNCH

Turkey Wrap with Mandarin Oranges

DINNER

Greek Chicken Burgers & Green beans

SNACK

Celery Sticks with Cream Cheese

DAY
02

BREAKFAST

Breakfast Burrito Wraps

LUNCH

Chicken Salad Plate

DINNER

Spaghetti & Turkey Meat Sauce

SNACK

Greek Yogurt Bowls

DAY
03

BREAKFAST

Tasty Omelettes

LUNCH

Margherita Personal Pizzas

DINNER

Beef Fried Rice

SNACK

Apple Slices and PB

