

Live HealthSmart

3 DAY MEAL PLAN

DAY
01

BREAKFAST

Blueberry Oatmeal

LUNCH

Spinach Chickpea Salad

DINNER

Baked Tilapia & Veggies

SNACK

Fruit Salad

DAY
02

BREAKFAST

Breakfast Tacos

LUNCH

Spinach & Chicken Quesadilla

DINNER

Sweet Potato Nachos

SNACK

Apples & Peanut Butter

DAY
03

BREAKFAST

Veggie Omelet

LUNCH

Peas & Pasta

DINNER

Chicken Stir Fry

SNACK

Tuna & Crackers

