

Live HealthSmart

3-DAY MEAL PLANNING

DAY
01

Breakfast

Breakfast burritos

Lunch

Mediterranean pasta salad

Dinner

Veggie pita pizza

Snack

Sliced apple + peanut butter

DAY
02

Breakfast

Banana oatmeal

Lunch

Turkey and cheese pita

Dinner

Baked chicken dinner

Snack

Peanut butter banana pinwheels

DAY
03

Breakfast

Breakfast scramble

Lunch

Leftover pasta salad + fruit

Dinner

Quesadillas

Snack

Homemade pita chips + salsa

