

LIVE HEALTHSMART

3 DAY MEAL PLAN

DAY
01

Breakfast

Peach Oatmeal Bake

Lunch

Fiesta Pasta

Dinner

Spaghetti Carbonara

Snack

Apple Nachos

DAY
02

Breakfast

Pineapple Yogurt Parfaits

Lunch

Egg Salad Sandwich

Dinner

White Bean & Kale Soup

Snack

Cheese Quesadilla

DAY
03

Breakfast

Mushroom Scramble

Lunch

Chicken Waldorf Wraps

Dinner

Red Beans & Rice

Snack

Fruit with Yogurt Dip

