

Live HealthSmart

3 DAY MEAL PLANNING

DAY 01

BREAKFAST

Peanut Butter Oatmeal with Berries

LUNCH

Tuna Salad Wraps & Apple Slices

DINNER

Black Bean Soup with Cheese Quesadillas

SNACK

Carrot Fries with Yogurt Dipping Sauce

DAY 02

BREAKFAST

Coffee Mug Omelets

LUNCH

One Pot Wonder Pasta

DINNER

Creamy Chicken & Spinach Quesadillas

SNACK

Peanut Butter Cheerio Bars

DAY 03

BREAKFAST

Sweet Potato Pancakes

LUNCH

Fried Rice

DINNER

One Pan Roasted Veggies and Sausage

SNACK

Yogurt Bark

