

Live HealthSmart

3-DAY MEAL PLANNING

DAY
01

Breakfast

Mug Omelet

Lunch

Vegetable Quesadilla

Dinner

Black Bean Burger

Snack

Fruit Pizza

DAY
02

Breakfast

Peach Smoothie

Lunch

Tuna Salad Wrap

Dinner

Spaghetti with Ground Turkey

Snack

Apple and Peanut Butter

Sandwiches

DAY
03

Breakfast

Vanilla Parfait with Fruit

Lunch

Pita Pizza

Dinner

Southwest Turkey Tacos

Snack

Peanut Butter + Banana Toast

