

Live HealthSmart

3-DAY MEAL PLANNING

DAY 01

BREAKFAST

Whole Wheat Peanut Butter Toast and
Greek Yogurt Parfait

LUNCH

Apple Tuna Sandwiches

DINNER

Vegetarian Chili

SNACK

Apple Slices and Assorted Nuts

DAY 02

BREAKFAST

Banana Pancakes

LUNCH

Cheesy Pea Penne Pasta Salad

DINNER

Chicken Fried Rice

SNACK

Bananas and Peanut Butter

DAY 03

BREAKFAST

Scrambled Egg Cups

LUNCH

Grilled Chicken and Green Beans

DINNER

Penne Pasta Bake

SNACK

Trail Mix

