

Live HealthSmart

3 DAY MEAL PLANNING

DAY
01

Breakfast

Oatmeal with Pineapple

Lunch

Veggie Quesadillas

Dinner

Healthy Chicken "Fried" Rice

Snack

Peanut Butter & Banana Bites

DAY
02

Breakfast

Peach Smoothie

Lunch

3-Bean Salad

Dinner

Mexican Brown Rice Bowls

Snack

Creamy Fruit Popsicles

DAY
03

Breakfast

Egg Muffins

Lunch

Tuna Salad Wrap & Mandarin Oranges

Dinner

Chicken & Pesto Pasta

Snack

Oatmeal Energy Bites

