

tropic thunder's

3 DAY MEAL PLAN

DAY
01

BREAKFAST

The New American Breakfast

LUNCH

Chicken Salad Rollups

DINNER

Vegetarian Quesadillas

SNACK

Sliced Apples with Peanut Butter

DAY
02

BREAKFAST

Breakfast Tacos

LUNCH

Pasta Salad

DINNER

White Chicken Chili

SNACK

Ants on a Log

DAY
03

BREAKFAST

Banana Pancakes and Turkey Bacon

LUNCH

PB+J sandwiches with fruit

DINNER

Un-Stuffed Bell Pepper Casserole

SNACK

Pineapple with Yogurt Dip

