

3 DAY MEAL PLAN

DAY
01

Breakfast

Egg and Cheese Sandwich

Lunch

Turkey Burgers

Dinner

Vegetable Stir-fry and Brown Rice

Snack

Pears and Cottage Cheese

DAY
02

Breakfast

Banana Cinnamon Sugar Oatmeal

Lunch

Minestrone Soup

Dinner

Spaghetti with Meat Sauce

Snack

Peanut Butter and Crackers

DAY
03

Breakfast

Blueberry Pancakes

Lunch

3 Bean Chili

Dinner

Chicken Mushroom Casserole

Snack

Apple and String Cheese

