

Live HealthSmart

3-DAY MEAL PLANNING

DAY
01

BREAKFAST

yogurt parfait

LUNCH

pizza pocket

DINNER

salmon patty , mashed potatoes, mixed veggies

SNACK

Ants on a Log

DAY
02

BREAKFAST

overnight oats

LUNCH

classic tuna salad, baby carrots

DINNER

pineapple chicken skewers, rice, broccoli

SNACK

frozen yogurt cubes

DAY
03

BREAKFAST

egg cup with veggies

LUNCH

ceasar pasta salad

DINNER

Tex-Mex taco bowl

SNACK

cinnamon-sprinkled pears

