

# Live HealthSmart

## 3-DAY

### MEAL PLANNING

#### DAY 01

##### BREAKFAST

Banana  
2 oatmeal pancakes, 1/2 cup cantaloupe, 1 cup 2% reduced fat milk

##### LUNCH

1/2 cup chicken salad, 5 saltine whole grain crackers, 1 pear, 1/2 cup iceberg lettuce salad, 1 cup 2% reduced fat milk

##### DINNER

4 oz. seasoned turkey with 1/2 cup cooked brown rice, 1/2 cup roasted carrots

##### SNACK

4 cheddar cheese cubes, 1/2 cup watermelon, 1 cup 2% reduced fat milk

#### DAY 02

##### BREAKFAST

1/2 cup cooked rolled oats, 1/2 cup pears, 1 cup 2% reduced fat milk

##### LUNCH

Tuna salad sandwich with 100% whole wheat bread, 1/2 cup iceberg lettuce salad, 1 cup 2% reduced fat milk

##### DINNER

1/2 cup cooked brown rice with 4 oz. chicken and sauteed onions, 1/3 cup broccoli florets

##### SNACK

1/2 cup cantaloupe, 4 cheddar cheese cubes, 1 cup 2% reduced fat milk

#### DAY 03

##### BREAKFAST

Breakfast burrito (whole wheat), 1/2 cup cantaloupe, 1 cup 2% reduced fat milk

##### LUNCH

1/2 cup pasta-vegetable salad, 1/2 cup watermelon, 1 cup 2% reduced fat milk

##### DINNER

Baked chicken, 1/2 cup cooked brown rice, 1/2 cup cooked green beans

##### SNACK

1 apple, 4 cheddar cheese cubes, 1 cup 2% reduced fat milk

