

Health on a Budget

3 DAY MEAL PLAN

DAY
01

Breakfast

Greek Yogurt Parfait

Lunch

Southwest Black Bean Quinoa
Salad

Dinner

Brown Rice Salmon Pilaf

Snack

Mixed Nut + Fruit Board

DAY
02

Breakfast

Egg and Veg Quiche

Lunch

Sweet Potato and Black Bean
"Burger"

Dinner

Power Grain+Turkey Bowl

Snack

Mediterranean Tuna + Whole Grain
Crackers

DAY
03

Breakfast

Stacked English Muffin+ Fruit

Lunch

Chickpea Tuna Salad

Dinner

Lentil and Brown Rice Pilaf

Snack

Peanut Butter+Crackers

