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