

Live HealthSmart

3 DAY MEAL PLAN

DAY
1

BREAKFAST

Oatmeal with blueberries, banana, & peanut butter

LUNCH

Tuna salad in pita pockets w/ apple slices and carrots

DINNER

Oven baked chicken nuggets w/ sweet potato fries & green beans

SNACK

Greek yogurt with raisins & granola

BREAKFAST

Spinach & cheese egg bake oranges slices

LUNCH

Oven chicken nuggets, sweet potato fries, & pears, carrots, & hummus

DINNER

Chickpea pasta with turkey & veggie sauce with broccoli

SNACK

Green fruit smoothie with crunchy granola

BREAKFAST

Greek yogurt with blueberries, peaches, and crunchy granola

DAY
3

LUNCH

Egg Salad sandwiches with mixed fruit

DINNER

Chicken fajita bowls with corn, beans, rice, shredded cheese

SNACK

Toast with peanut butter and banana, mixed fruit.

