

Live HealthSmart

# 3-DAY MENU PLANNING

DAY  
01

**BREAKFAST**

Fruit Smoothie & Scrambled Eggs

**LUNCH**

Grilled Cheese & Tomato Soup

**DINNER**

Tacos

**SNACK**

Apples & Peanut Butter

**BREAKFAST**

Peanut Butter Banana Toast

**LUNCH**

Turkey & Cheese Sandwich

**DINNER**

Spaghetti

**SNACK**

Veggies & Ranch

**BREAKFAST**

Oatmeal with fruit

**LUNCH**

Burrito Bowls

**DINNER**

One-Pan Chicken & Veggies

**SNACK**

Peanut Butter & Banana

DAY  
03

