

Live HealthSmart

3-DAY MEAL PLAN

DAY
01

Breakfast

Breakfast Burritos

Lunch

Pasta Salad

Dinner

Lentil Soup

Snack

Ants on a log

DAY
02

Breakfast

Oatmeal

Lunch

Chicken Salad Sandwich

Dinner

Taco Bowls

Snack

Yogurt Parfait

DAY
03

Breakfast

Smoothies

Lunch

Quesadillas

Dinner

Spaghetti

Snack

Apple & Peanut Butter Sanswiches

