

LiveHealthSmart

3 DAY MEAL PLAN

DAY
01

BREAKFAST

Warm Apple Oatmeal

LUNCH

Pumpkin Chili

DINNER

Black Bean Quesadillas

SNACK

Hummus & Carrots

DAY
02

BREAKFAST

Breakfast Burrito

LUNCH

Crunchy Apple Roll Up

DINNER

Chili Pasta

SNACK

Graham Crackers Smackers

DAY
03

BREAKFAST

Banana Split Oatmeal

LUNCH

Black Bean Soup

DINNER

Lentil Tacos

SNACK

Apple Peanut Butter Nachos

