

Live HealthSmart

3 DAY MEAL PLAN

DAY
01

Breakfast

Breakfast Burrito

Lunch

BBQ Chicken Sandwich

Dinner

Spaghetti

Snack

Easy Banana Pudding

DAY
02

Breakfast

Overnight Oats

Lunch

Black Bean Quesadilla

Dinner

Baked Chicken , sweet potatoes
and green beans

Snack

Cheese and Crackers

DAY
03

Breakfast

Smoothie Bowl

Lunch

Chicken Salad

Dinner

Breakfast for Dinner

Snack

Apples and Peanut Butter

