

Live HealthSmart

3-DAY MEAL PLAN

DAY
01

Breakfast

Peanut Butter Blueberry Oatmeal

Lunch

Chicken Salad with Mixed Greens

Dinner

Salmon with Asparagus and Potatoes

Snack

Protein Snack Bites

DAY
02

Breakfast

Two Egg Breakfast

Lunch

Southwest Chicken Bowl

Dinner

Homemade Pizza

Snack

Apple Nachos

DAY
03

Breakfast

Banana Pancakes

Lunch

Mediterranean Pasta Salad

Dinner

2 Bean Chicken Chili

Snack

Ants on a Log

