

Live HealthSmart

3 DAY

MEAL PLAN

DAY 01

BREAKFAST

Breakfast Sandwich

LUNCH

5 Ingredient Beef Enchiladas

DINNER

5-Ingredient Easy Chili

SNACK

Fruit and Yogurt Parfaits

DAY 02

BREAKFAST

3 Ingredient Healthy Muffin

LUNCH

Chicken Broccoli Casserole

DINNER

Shrimp Paella

SNACK

Baked Eggs in Tomato Cups

DAY 03

BREAKFAST

Freezer Breakfast Burrito

LUNCH

Skillet Beef & Hash Brown

DINNER

Pork Chops Stuffed Tomatoes and Spinach

SNACK

Apple Slice Cookies

