

Live HealthSmart

3-DAY MEAL PLANNING

DAY
01

BREAKFAST

Egg and Potato Hash

LUNCH

Tuna Pasta Salad

DINNER

Turkey Chili

SNACK

Healthy Banana Nice Cream

DAY
02

BREAKFAST

Peaches and "Cream" oatmeal

LUNCH

Baked Taquitos

DINNER

Rosemary Chicken & Potatoes

SNACK

Zucchini Pizza Bites

DAY
03

BREAKFAST

Applesauce Pancakes

LUNCH

Tuna Salad

DINNER

Chicken & Rice Bowls

SNACK

Quick & Crispy Veggie Tots

