

Live HealthSmart

# 3 DAY MEAL PLAN

## DAY 1

### BREAKFAST

Veggie Omlet & Turkey Sausage

### LUNCH

Tuna Melt

### DINNER

Turkey Chili

### SNACK

Avocado Toast & strawberries

## DAY 2

### BREAKFAST

Berry Blast Pancakes

### LUNCH

Asian Medley

### DINNER

Teriyaki Stir Fry

### SNACK

Super Smoothie

## DAY 3

### BREAKFAST

Create Your Own Parfait

### LUNCH

Cheesy Quesadilla

### DINNER

Turkey Tacos

### SNACK

Crispy Asparagus w/ White Sauce

