

3-DAY QUICK AND EASY MEAL PLAN

Meals in **bold** are recipes that can be found at wichealth.org in Health eKitchen

	Day 1	Day 2	Day 3
Breakfast Include at least 3 food groups	O shaped cereal Blueberries Diced nuts Low-fat milk	Whole grain bagel with peanut butter Sliced oranges Low-fat milk	Breakfast tacos Low-fat milk
AM Snack Include at least 2 food groups	Green smoothie	Fresh fruit with cinnamon yogurt	Cottage cheese and fruit
Lunch Include at least 3 food groups	Black bean and vegetable quesadillas	Veggie wraps	Tuna boats Whole grain crackers
PM Snack Include at least 2 food groups	Curry yogurt dip Pita Veggie	Cheese with whole grain crackers	Peanut butter rollups
Dinner Include at least 3 food groups	Easy chicken and vegetables Whole grain noodles	Triple bean chili Brown rice Green salad	Turkey burger macaroni



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Lunch
Include at least
3 food groups

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Include at least
2 food groups

Dinner
Include at least
3 food groups

