

3-Day Meal Plan for Busy Families

Quick & Healthy Meals to Ditch the Drive-Thru

Day 1

Breakfast: Make-Ahead Egg Muffins

*Whisk eggs with spinach, cheese, and diced bell peppers. Bake in muffin tins for an easy grab-and-go meal.

Temperature: 350°F (175°C)

Time: 20–25 minutes

Lunch: Turkey & Cheese Roll-Ups with Veggies

*Roll sliced turkey and cheese together, serve with baby carrots and hummus.

Dinner: One-Pot Chicken Alfredo

*Sauté chicken, garlic, and spinach, then add pasta and a creamy sauce for a quick, comforting meal.

Day 2

Breakfast: Overnight Oats

*Mix oats, almond milk, chia seeds, and berries in a jar. Refrigerate overnight and grab in the morning.

Lunch: Mason Jar Taco Salad

*Layer cooked taco meat, black beans, lettuce, cheese, tomatoes, and salsa in a jar. Shake before eating!

Dinner: Sheet Pan Sausage & Veggies

*Toss sliced sausage, bell peppers, onions, and zucchini with olive oil and seasonings. Roast at 400°F for 25 minutes.

Day 3

Breakfast: Greek Yogurt Parfait

*Layer Greek yogurt, granola, and fresh fruit for a protein-packed start to the day.

Lunch: Chicken Salad Lettuce Wraps

*Mix shredded chicken with Greek yogurt, mustard, and diced apples. Serve in lettuce wraps.

Dinner: Slow Cooker BBQ Pulled Pork

*Let pork cook low and slow all day, then serve with coleslaw on whole wheat buns.

