

Meal Plan Menu 1

PULE - FULL WEEK PLAN

Includes all 10 meals below

PŌ'AKAHI - MONDAY PLAN

Chili & Salad

Savory Oatmeal

No-Egg Sandwich & Salad

Vegetable Soba Bowl

Bomb Burrito

PŌ'AKOLU - WEDNESDAY PLAN

Baked Spaghetti & Salad

Cheezy Broccoli Soup & Salad

Korma w/ Jasmine Saffron Rice & Salad

Fresh Feta Salad

Tofu Burger & Salad

