

Meal Plan Menu 1

PULE - FULL WEEK PLAN

Includes all 10 meals below

PŌ'AKAHI - MONDAY PLAN

Chili & Salad

Pear Barley Salad

No-Egg Sandwich & Salad

Vegetable Soba Bowl

Bomb Burrito

PŌ'AKOLU - WEDNESDAY PLAN

Tomato Basil Pasta & Salad

Kulolo Oatmeal

Korma w/ Jasmine Saffron Rice & Salad

Cobb Salad

Tofu Burger & Salad

