

Meal Plan Menu 2

PULE - FULL WEEK PLAN

Includes all 10 meals below

PŌ'AKAHI - MONDAY PLAN

Red Thai Curry

‘Ulu Chowder & Salad

Pancit

Poi Chia Seed Parfait

Roasted Veg Sandwich & Salad

PŌ'AKOLU - WEDNESDAY PLAN

Stir Fry

The Power Bowl

Alfredo Pasta & Salad

Fresh Feta Salad

Scrambler Plate & Salad

