

Meal Plan Menu 3

PULE - FULL WEEK PLAN

Includes all 10 meals below

PŌ'AKAHI - MONDAY PLAN

Beet Hummus Wrap & Salad

Loaded Tofu Veggie Ramen

Tu-nah Sandwich & Salad

Lasagna & Salad

Oat & Fruit Cup

PŌ'AKOLU - WEDNESDAY PLAN

BBQ Porto Sandwich & Salad

Lettuce Wrap

Mekiko Bowl

Chinese Chick'n Salad

Tofu Karaage & Mixed Veggies

