

Meal Plan Menu 4

PULE - FULL WEEK PLAN

Includes all 10 meals below

PŌ'AKAHI - MONDAY PLAN

Veggie Burger & Salad

Chick'n Long Rice w/ Potato 'Ulu Salad

Spicy Tofu Poke Bowl

Baked Berry Square

Peanut Bowl & Salad

PŌ'AKOLU - WEDNESDAY PLAN

Mac 'n Cheese & Salad

Fried Rice & Salad

Tasty Tofu Wrap

Garden Medley Salad

Lū'au Plate & Salad

