

Meal Plan Menu 1

PULE - FULL WEEK PLAN

Includes all 10 meals below!

PŌ'AKAHI - MONDAY PLAN

Chili & Rice

No-Egg Salad Sandwich

Vegetable Teriyaki Skewers

Chinese Chkn Salad

Beet Hummus Wrap

PŌ'AKOLU - WEDNESDAY PLAN

Buddha Bowl

Corn Chowder

Da Kine Burger

Scrambler Plate

Baked Berry Square

