

Meal Plan Menu

PŪLE - FULL WEEK PLAN

Includes all 10 meals below!

PŌ'AKAHI - MONDAY PLAN

Vegetable Pancit

Chkn Salad Sandwich

Barley Pear Salad

Tofu Peanut Bowl

Potato Veg Mash

PŌ'AKOLU - WEDNESDAY PLAN

Tomato Basil

Honey Chkn Wrap

Tom Kha Soup

Breakfast Fruit Bowl

Spicy Poke Bowl

