



WEEK 1

DINNER MEAL PLAN

SAT

\$3.50/serving

Egg Roll in a Bowl

SUN

\$7.75/serving

Whole Chicken, Cajun Potatoes,
Carrots & Broccoli

MON

\$5.25/serving

Szechuan Noodles

TUES

\$3.00/serving

Chicken Noodle Soup

WED

\$4.75/serving

Crab Cakes, Rice & Green Beans

THURS

\$5.00/serving

Mediterranean Bowl

FRI

\$6.50/serving

Fish Tacos