



**WEEK 4**

## DINNER MEAL PLAN

**SAT**

**\$3.25/serving**

**Chicken & Kale Fried Rice**

**SUN**

**\$6.25/serving**

**Turkey Meatloaf, Rice Pilaf and  
Cauliflower & Chickpeas**

**MON**

**\$4.00/serving**

**Thai Curry Chicken Noodles**

**TUES**

**\$5.00/serving**

**Jambalaya Soup**

**WED**

**\$7.75/serving**

**Slow Cooker Korean Beef & Salad**

**THURS**

**\$3.50/serving**

**Salmon Bowl**

**FRI**

**\$7.50/serving**

**Stuffed Peppers & Salad**