

Example Caliper Meal Plan: Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	-	Breakfast Sandwich Miner Brew 5.49	-	-	Bagel w/ Cream Cheese Einstein's 4.18	-	-
LUNCH	-	-	Homestyle Combo Joe's 10.99	-	-	-	All you Care to eat Social House at TJ 1 Meal Swipe
DINNER	-	-	-	-	-	-	-
	-	3.80 DBDs	10.99 DBDs	-	4.18 DBDs	-	1 Meal Swipe

Week Total: 18.97 DBDs
1 Meal Swipe

Example Caliper Meal Plan: Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	-	-	-	Blueberry Muffin Miner Break 2.69	-	-	-
LUNCH	Meat Quesadilla Sono 7.15	Turkey & Cheddar Sub Combo Bishop Ave Subs 11.68	-		-	-	-
DINNER	-	-	Social House at TJ- 1 Swipe	-	-	-	-
	7.15 DBDs	11.68 DBDs	1 Swipe	2.69 DBDs	-	-	-

Week Total: 1 Swipe
21.52 DBDs

Example Caliper Meal Plan: Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Bagel w/ Cream Cheese Einstein's 4.18	-	Chocolate Croissant Miner Brew 4.25	-	-	-	-
LUNCH	-	Cheeseburger Combo Burger 573 10.28	-	-	-	-	-
DINNER	-	-	-	-	-	-	-
	4.18 DBDs	10.28 DBDs	4.25 DBDs	-	-	-	-