

Example Gold Meal Plan: Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Social House at TJ- 1 Swipe	Social House at TJ- 1 Swipe	Social House at TJ- 1 Swipe	Social House at TJ- 1 Swipe	Burrito Combo Sono- 1 Swipe	-	Social House at TJ- 1 Swipe
LUNCH	Homestyle Combo Joe's- 1 Swipe	Burger Combo Burger 573- 1 Swipe	Buffalo Chicken Sandwich Combo Bishop Ave Sub 1 Swipe	-	Social House at TJ- 1 Swipe	Chick-fil-A Nuggets Meal 9.79	-
DINNER	-	-	-	Social House at TJ- 1 Swipe	-	-	-
	2 Swipes	2 Swipes	2 Swipes	2 Swipes	2 Swipes	9.79 DB	1 Swipe

Example Gold Meal Plan: Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Social House at TJ- 1 Swipe	Chocolate Croissant Miner Brew 4.25	Social House at TJ- 1 Swipe	Bagel w/ Cream Cheese Einstein's 4.18	Social House at TJ- 1 Swipe	-	-
LUNCH	Social House at TJ- 1 Swipe	Burger Combo Burger 573- 1 Swipe	Social House at TJ- 1 Swipe	Pasta Combo Joe's- 1 Swipe	Social House at TJ- 1 Swipe	Social House at TJ- 1 Swipe	-
DINNER	-	Social House at TJ- 1 Swipe	-	-	#1 Original Combo Chick-fil-A- 1 Swipe	-	-
	2 Swipes	2 Swipes 4.25 DB	2 Swipes	1 Swipe 4.18 DB	3 Swipes	1 Swipe	-

Example Gold Meal Plan: Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Blueberry Muffin Miner Brew 2.69	Social House at TJ- 1 Swipe	Social House at TJ- 1 Swipe	Social House at TJ- 1 Swipe	Social House at TJ- 1 Swipe	Social House at TJ- 1 Swipe	-
LUNCH	Social House at TJ- 1 Swipe	#1 Original Combo Chick-fil-A- 1 Swipe	Social House at TJ- 1 Swipe	Chicken & Pesto Combo Bishop Ave Subs- 1 Swipe	Cheeseburger Combo Burger 573- 1 Swipe	-	-
DINNER	Burrito Bowl Combo- 1 Swipe	Homestyle Combo Joe's- 1 Swipe	Quesadilla Combo Sono- 1 Swipe	-	Rolla Club Combo Bishop Ave Subs 1 Swipe	-	-
	2 Swipes 2.69 DB	3 Swipes	3 Swipes	2 Swipes	3 Swipes	1 Swipe	-