

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	Roll Combo Chaat House- 1 Swipe	-	Social House at TJ- 1 Swipe
Lunch	Pizza Combo Build- 1 Swipe	Burger Combo Burger 573- 1 Swipe	Buffalo Chicken Sandwich Combo Bishop Ave Sub 1 Swipe	-	Social House at TJ- 1 Swipe	Samosa Chaat Chaat House 6.99	-
Dinner	-	-	-	Social House at TJ- 1 Swipe	-	-	-
Totals	2 Swipes	2 Swipes	2 Swipes	2 Swipes	2 Swipes	6.99 DB	1 Swipe

Example Gold Meal Plan: Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Social House at TJ- 1 Swipe	Breakfast Sandwich Sono 3.80	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	Pizza Combo Build- 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	-	-
Totals	2 Swipes	2 Swipes 3.80 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	Falafel Combo Zatar- 1 Swipe	Bowl Combo Chaat House- 1 Swipe	-	-
Dinner	Baked Pasta Combo Build- 1 Swipe	Pizza Combo Build- 1 Swipe	Burrito Combo Sono- 1 Swipe	-	Hot Dog Combo Burger 573 1 Swipe	-	-
Totals	2 Swipes 2.69 DB	3 Swipes	3 Swipes	2 Swipes	3 Swipes	1 Swipe	-



Dining Services

Week Total: 14 Swipes
\$2.69 DB