

Example Pick Axe Meal Plan: Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	-	Breakfast Sandwich Miner Brew 3.80	-	Bagel w/ Cream Cheese Einstein's 4.18	-	-	-
LUNCH	Classic Milk Tea Botrista Drink 5.00	-	Social House at TJ- 1 Swipe	-	-	-	-
DINNER	-	Homestyle Meal Combo Joe's 10.99	-	-	-	-	-
	5.00 DBDs	14.79 DBDs	1 Swipe	4.18 DBDs	-	-	-

Week Total: 1 Swipe
23.97 DBDs

Example Pick Axe Meal Plan: Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	-	-	-	-	-	-	-
LUNCH	Social House at TJ- 1 Swipe	Veggie Burger Burger 573 6.59	Texas Brisket Bagel Einstein's 7.99	Chicken & Pesto Sub Bishop Ave Subs 6.99	-	-	-
DINNER	-	-	-	-	Social House at TJ- 1 Swipe	-	-
	1 Swipe	6.59 DBDs	7.99 DBDs	6.99 DBDs	1 Swipe	-	-

Week Total: 2 Swipes
21.57 DBDs

Example Pick Axe Meal Plan: Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Breakfast Sandwich Miner Brew 3.80	Chocolate Croissant Miner Brew 4.25	-	Bagel w/ Cream Cheese Einstein's 4.18	-	Spinach, Egg, & Cheddar Sandwich Miner Break 5.49	-
LUNCH	-	-	Social House at TJ- 1 Swipe	-	-	-	-
DINNER	-	-	-	-	-	-	-
	3.80 DBDs	4.25 DBDs	1 Swipe	4.18 DBDs	-	5.49 DBDs	-

Week Total: 1 Swipe
17.72 DBDs