

Example Pick Axe Meal Plan: Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	-	Breakfast Sandwich Sono 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	-	Falafel Meal Combo Zatar 11.29	-	-	-	-	-
Totals	5.00 DB	15.09 DB	1 Swipe	4.18 DB	-	-	-

Example Pick Axe Meal Plan: Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	-	-	-	-	-	-	-
Lunch	Social House at TJ- 1 Swipe	Veggie Pizza Build 6.49	Texas Brisket Bagel Einstein's 7.99	Chicken & Pesto Sub Bishop Ave Subs 6.49	-	-	-
Dinner	-	-	-	-	Social House at TJ- 1 Swipe	-	-
Totals	1 Swipe	6.49 DB	7.99 DB	6.49 DB	1 Swipe	-	-

Example Pick Axe Meal Plan: Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast Tacos Sono 3.80	Chocolate Croissant Miner Brew 4.25	-	Farmers Choice Breakfast Sono 6.30	-	Spinach, Egg, & Cheddar Sandwich Miner Break 5.49	-
Lunch	-	-	Social House at TJ- 1 Swipe	-	-	-	-
Dinner	-	-	-	-	-	-	-
Totals	3.80 DB	4.25 DB	1 Swipe	6.30 DB	-	5.49 DB	-