

Example Silver Meal Plan: Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Tall Americano Miner Brew 3.69	-	Social House at TJ- 1 Swipe	Blueberry Muffin Miner Brew 2.69	Social House at TJ- 1 Swipe	-	Social House at TJ- 1 Swipe
LUNCH	Social House at TJ- 1 Swipe	Social House at TJ- 1 Swipe	Homestyle Combo Joe's- 1 Swipe	Social House at TJ- 1 Swipe	Burger Combo Burger 573- 1 Swipe	Dragon Fruit Strawberry Lemonade Botrista Drink 5.00	-
DINNER	Sandwich Combo Bishop Ave Subs- 1 Swipe	Social House at TJ- 1 Swipe	-	-	-	-	-
	2 Swipes 3.69 DB	2 Swipes	2 Swipes	1 Swipe 2.69 DB	2 Swipes	5.00 DB	1 Swipe

Week Total: 10 Swipes
11.38 DB

Example Silver Meal Plan: Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Social House at TJ- 1 Swipe	Bagel w/ Schmear Einstein's 4.55	-	Social House at TJ- 1 Swipe	-	-	-
LUNCH	Social House at TJ- 1 Swipe	Pasta Combo Joe's- 1 Swipe	Social House at TJ- 1 Swipe	Quesadilla Combo Sono- 1 Swipe	Social House at TJ- 1 Swipe	-	-
DINNER	-	Social House at TJ- 1 Swipe	-	-	Sub Combo Bishop Ave Subs- 1 Swipe	-	-
	2 Swipes	2 Swipes 4.55 DB	1 Swipe	2 Swipes	2 Swipes	-	-

Week Total: 9 Swipes
4.55 DB

Example Silver Meal Plan: Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	-	-	Strawberry Banana Smoothie Einstein's 4.99	-	Bagel w/ Schmeear Einstein's 4.18	-	-
LUNCH	Social House at TJ- 1 Swipe	BLT Combo Burger 573- 1 Swipe	Social House at TJ- 1 Swipe	Social House at TJ- 1 Swipe	Veggie Burrito Combo Sono- 1 Swipe	-	-
DINNER	Sub Combo Bishop Ave Subs- 1 Swipe	Social House at TJ- 1 Swipe	Social House at TJ- 1 Swipe	#1 Original Combo Chick-fil-A- 1 Swipe	Social House at TJ- 1 Swipe	-	-
	2 Swipes	2 Swipes	2 Swipes 4.99 DB	2 Swipes	2 Swipes 4.18 DB	-	-

Week Total: 9 Swipes
9.17 DB