

Example Platinum Plan Meal Plan: Week 1

Platinum Plan Meal Holders receive complimentary drip coffee and tea with their Coffee Club Card.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Freshens Smoothie Cafe Bergson \$6.29	Ham, Egg & Cheese Sandwich LaJoy's Coffee \$6.25	Build Your Own Oatmeal Cherry Tree \$4.99	Breakfast Empanada Coffeestamp \$4.75	Sausage, Egg, & Cheese Croissant Paws & Go \$4.99	6" Breakfast Sandwich Subway \$6.69	Bagel & Cream Cheese Cherry Tree \$3.59
Lunch	Burrito Bowl with Rice & Beans DUC Taqueria \$10.49	Pork Slider with Brussel Sprouts Beast Craft BBQ \$6.99	General Tso Chicken (Small) Corner 17 \$10.99	Chicken Salad Sandwich with Red Cabbage Atchara The Fattened Caf. \$12.50	Build Your Own Salad The DUC - Neapolitan \$9.99	Simple Servings Plate (Protein, Veggie, Starch) The Bear's Den - Simple Servings \$9.99	Brunch Plate (Eggs, Potato, Turkey Sausage) The Village \$6.99
Dinner	All You Care to Eat The Bear's Den \$12.95	Market Platter The Bear's Den - Spice Market \$10.49	Blue Plate Special Cherry Tree Cafe \$10.00	Simple Servings Plate (Protein, Veggie, Starch) The DUC - Simple Servings \$9.99	All You Care to Eat The Bear's Den \$12.95	Philly Cheesesteak with Grilled Veggies The Village- Grill \$11.44	Personal Pizza Bear's Den - Neapolitan \$10.99
Totals	\$29.73	\$23.73	\$25.98	\$27.24	\$27.93	\$28.12	\$21.57

This meal plan was prepared by our team of registered dietitians. This meal plan is a general guide and is not individualized for specific dietary needs. To connect with a registered dietitian, please contact nutrition@wustl.edu.

Week Total: \$184.30

Example Platinum Plan Meal Plan: Week 2

Platinum Plan Meal Holders receive complimentary drip coffee and tea with their Coffee Club Card.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Oatmeal LaJoy's Coffee Cafe \$3.95	Belgian Waffle with Fruit Toppings Cherry Tree \$4.99	Bacon, Egg, & Cheese Croissant Cafe Bergson \$5.99	Garden Curry Empanada Coffeestamp \$4.75	Asiago Bagel & Cream Cheese LaJoy's Coffee Cafe \$2.95	Blueberry Yogurt Parfait Cafe Bergson \$4.99	Sausage, Egg, & Cheese Breakfast Sandwich Paws & Go \$4.99
Lunch	Deli Sandwich with Soup Cup The Village \$10.98	Sichuan Crispy Chicken (Small) Corner 17 \$10.99	Buffalo Grilled Cheese Panini Collins Farms \$11.00	Vegan Vegetable Curry Bowl with Greek Salad The DUC - Kalamata \$8.99	Kosher Entree and Sides The Bear's Den - L'Chaim \$12.99	12" Cold Cut Combo Meal Subway \$11.29	Biscuits & Gravy with an Egg The Village \$6.28
Dinner	Build Your Own Chicken Sandwich with Baked Potato The Village \$14.39	Simple Servings Plate (Protein, Veggie, Starch) The DUC- Simple Servings \$9.99	All You Care to Eat The Bear's Den \$12.95	Blue Plate Special Cherry Tree Cafe \$10.00	Half & Half The DUC -Grill \$8.99	Market Platter The Bear's Den - Spice Market \$10.49	Build Your Own Sandwich with Soup The Village - Stacked \$10.98
Totals	\$29.32	\$25.97	\$29.98	\$23.74	\$24.93	\$26.77	\$22.25

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Week Total: \$182.96

Example Platinum Plan Meal Plan: Week 3

Platinum Plan Meal Holders receive complimentary drip coffee and tea with their Coffee Club Card.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Breakfast Empanada Coffeestamp \$4.75	Oatmeal LaJoy's Coffee Cafe \$3.95	Sausage, Egg, & Cheese Breakfast Sandwich Paws & Go \$4.99	Everything Bagel & Cream Cheese LaJoy's Coffee Cafe \$2.95	Bacon, Egg, & Cheese Croissant Cafe Bergson \$5.99	Strawberry Yogurt Parfait Paws & Go \$4.99	Assorted Danish Cherry Tree \$3.59
Lunch	BBQ Chicken Panini with Chips Collins Farms \$11.00	Burrito with Rice & Beans DUC - Taqueria \$10.49	Reuben Sandwich with Fries Ibby's Bistro \$12.99	Spicy Pork Longganisa Bowl (Large) The Fattened Caf. \$13.00	Poke Bowl Stanley's Sushi \$9.00	Simple Servings Plate (Protein, Veggie, Starch) The Bear's Den- Simple Servings \$9.99	Brunch Plate (Eggs, Potato, Turkey Sausage) The Village \$6.99
Dinner	Half & Half The DUC- Grill \$8.99	Market Platter The Village - Spice Market \$10.49	Black Bean Burger & Sweet Potato Fries The DUC - Grill \$12.44	Blue Plate Special Cherry Tree Cafe \$10.00	Simple Servings Plate (Protein, Veggie, Starch) The DUC- Simple Servings \$9.99	Grilled Chicken Sandwich with Grilled Veggies The Village \$12.44	Kosher Entree and Sides The Bear's Den - L'Chaim \$12.99
Totals	\$24.74	\$24.93	\$30.42	\$25.95	\$24.98	\$27.42	\$23.57

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Week Total: \$182.01

Three Week Average: \$183.09