

# Rock Infusion Meal Plan

Name: \_\_\_\_\_

Food Allergies: \_\_\_\_\_

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Why is a meal plan offered to all infusion?

- To create a better sense of community amongst the entire Infusion team. Having a nightly meal will create a center hub for discipleship and united outreach.

This meal plan is a requirement for those living in the frat house, and is strongly recommended for infusioners living “off-frat”.

Each week will offer 6 **dinners** (every day **except** Monday night). Breakfast and lunches are not part of this meal plan. Each meal will have at least one protein, one carb, and one fruit/veg (maybe more).

Price: In usual infusion fashion, we are going to keep food costs to a minimum. We are aiming to keep meals at 2 dollars or less per meal. This makes the weekly total \$12.

Meals are offered in 1 week blocks. If you are not living in the frat, it is strongly encouraged that you join the meal plan, even if you can’t make every night. For only \$12 a week, it is still worth it even if you only make it a few times. If you are going to be out of town, we want to know not to cook for you/not to charge you. Please mark the weeks you want to purchase the meal plan on the schedule below:

May 18 <sup>th</sup> -24 <sup>th</sup> (Tues-Sun)	May 25 <sup>th</sup> -31 <sup>st</sup>	June 1 <sup>st</sup> -7 <sup>th</sup>	June 8 <sup>th</sup> -14 <sup>th</sup>
June 15 <sup>th</sup> -21 <sup>st</sup>	June 22-28 <sup>th</sup>	June 29 <sup>th</sup> -July 5 <sup>th</sup>	July 6 <sup>th</sup> -12 <sup>th</sup>
July 13 <sup>th</sup> -19 <sup>th</sup>	July 20 <sup>th</sup> -26 <sup>th</sup>	July 27 <sup>th</sup> -Aug 2 <sup>nd</sup>	Aug 3 <sup>rd</sup> -6 <sup>th</sup>

Once you’ve filled out this form, please email it to Nichole at [nicholekcaruso@gmail.com](mailto:nicholekcaruso@gmail.com) or turn it in at the Rock this Friday (May 7<sup>th</sup>).