

For the most consistent daily calorie intake, enjoy meals in this suggested order.

Nutrition information is averaged with the addition of 2 servings of non-fat dairy for the 1200 calorie plan and 3 servings of low fat dairy for the 2000 calorie plan. Meals Prepared for Pickup/Ship Date of 10/20/25. Best consumed by 10/27/25.

Day 1

- **Breakfast - Strawberry Chia Oatmeal**
 - Remove items from container. Heat oatmeal in microwave for 1 - 1 1/2 minutes. Add toppings and enjoy.
- **Lunch - Honey Shrimp Salad *If **NO Seafood** was selected at checkout: **Honey Tempeh Salad****
 - Heat shrimp (tempeh) in microwave for 45 seconds - 1 minute. Top greens with shrimp (tempeh) and vegetables, add wonton strips and nuts. Drizzle with dressing.
- **Dinner - Tamale Bowl**
 - Remove items from container. Remove dessert. Top masa with sauce and heat in microwave for 2 - 2 1/2 minutes. Enjoy with dessert.

Day 2

- **Breakfast - Cheesy Baked Egg Casserole**
 - Remove items from container. Toast bread. Heat egg for 1 - 1 1/2 minutes in microwave. Enjoy with fresh fruit.
 - If preferred, heat casserole in a toaster oven for 1 1/2 minutes or air fryer for 4 minutes at 375 degrees.
- **Lunch - Tuscan Bean Soup & Crostata**
 - Remove items from container. Heat soup in microwave for 1 - 1 1/2 minutes. Warm crostata in microwave for 30 seconds or heat in toaster oven.
 - For best results, heat crostata in air fryer at 375 degrees for 2 minutes.
- **Dinner - Penne "Vodka" Meatballs**
 - Remove items from container. Heat items in microwave for 2 - 2 1/2 minutes.

Day 3

- **Breakfast - Peach Berry Blintz**
 - Remove items from container. Heat items in microwave for 1 - 1 1/2 minutes.
 - If preferred, heat the blintz and sausage in an air fryer for 4 minutes at 375 degrees.
- **Lunch - Curry Chicken Salad**
 - Enjoy meal cold. Eat curry chicken salad with crackers and peanut butter dip with apples.
- **Dinner - Chicken Linguini Alfredo**
 - Remove items from container. Heat items in microwave for 2 - 2 1/2 minutes.

Day 4 meals will be included in this package if you ordered a Monday 4-day plan.

Day 4 **If you ordered a full week plan, these meals will be made fresh and arrive in your next package on Thursday.**

- **Breakfast - Ciabatta Egg Sandwich**
 - Remove items from container. Slice roll, assemble breakfast sandwich with cheese and egg; microwave for 45 seconds. Enjoy with fresh fruit.
- **Lunch - Lou's Bleu Burger**
 - Remove items from container. Microwave burger for 45 seconds - 1 minute. Toast bun; place spread on bun, top with burger and slaw. Enjoy with fresh fruit.
 - If preferred, heat turkey burger in air fryer at 375 degrees for 4 minutes.
- **Dinner - Honey Peach BBQ Chicken**
 - Remove items from container. Heat items in microwave for 2 - 2 1/2 minutes.

Check out our upcoming menus by clicking on the QR Code!

