

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
01/01/26. Best consumed by 01/08/26.

Day 1

- **Breakfast - Cheddar & Sausage Breakfast Casserole**
 - Remove items from container. Warm casserole for 1 1/2 - 2 minutes. Toast bread and spread with almond butter. Enjoy with fruit.
 - For best results, heat casserole in toaster oven for 2 - 3 minutes at 375 degrees.
- **Lunch - Gemelli Pasta Salad**
 - Enjoy meal cold. Top cheesecake with blueberries for dessert.
- **Dinner - Cider Salmon**
 - Remove items from container. Heat items in microwave for 2 - 2 1/2 minutes.

Day 2

- **Breakfast - Hashbrown Casserole**
 - Remove items from container. Heat casserole in microwave for 2 - 2 1/2 minutes. Enjoy with fruit.
 - If desired, heat casserole in air fryer at 375 degrees for 4 minutes.
- **Lunch - Chili Con Carne**
 - Remove items from container. Heat chili in microwave for 1 - 1 1/2 minutes. Garnish with cheese and enjoy with guacamole and chips.
- **Dinner - Marry Me Chicken**
 - Remove items from container. Heat pasta, sauce and vegetables in microwave for 1 1/2 - 2 minutes. Enjoy with dessert.

Day 3

- **Breakfast - Blueberry Almond Torta**
 - Remove items from container. Heat sausage in microwave for 30 - 45 seconds. Torta can be eaten cold or warmed in microwave 30 seconds. Top with blueberries and enjoy.
- **Lunch - Margherita Flatbread Pizza**
 - Remove items from container. Heat pizza in microwave for 45 seconds. Enjoy salad separately.
 - For best results, heat pizza in air fryer to 3 - 4 minutes at 375 degrees.
- **Dinner - Chicken Carnitas**
 - Remove items from container. Heat rice, beans and carnitas for 1 - 1 1/2 minutes and top with salsa.

Day 4

- **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 in microwave for 45 seconds - 1 minute. Toast bun; place spread on bun, top with burger and slaw.
 - 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 scanning the QR Code!

