

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 09/22/25. Best consumed by 09/29/25.

Day 1

- **Breakfast - Strawberry Poppyseed Bread**
 - Remove items from container. Enjoy bread with homemade preserves and cold yogurt on the side.
- **Lunch - Homestyle Roasted Turkey Sandwich**
 - Enjoy meal cold. Pour soup in microwavable container, heat for 1 - 1 1/2 minutes. Slice and toast roll. Add turkey and cranberry sauce to roll for sandwich. Enjoy with fresh fruit.
- **Dinner - Cajun Shrimp Etouffee *If No Seafood was selected at checkout: Cajun Etouffee**
 - Remove items from container. Heat shrimp (garbanzos), sauce, rice & corn for 1 - 1 1/2 minutes. Enjoy with dessert.

Day 2

- **Breakfast - Morning Protein Plate**
 - Remove items from container. Pita is best toasted. Spread can be used on pita or as a dip for fruit. Sprinkle seasoning on egg and enjoy cold.
- **Lunch - Chicken Gyro Bowl**
 - Remove items from container. Heat chicken and couscous for 30 - 45 seconds. Top with cucumbers and tomatoes, drizzle with sauce and enjoy with pitas on the side.
- **Dinner - Tortellini Pomodoro**
 - Remove items from container. Heat tortellini with sauce and squash in microwave for 2 - 2 1/2 minutes. Enjoy with dessert.

Day 3

- **Breakfast - Swiss Cheese Egg Bake**
 - Remove items from container. Microwave eggs for 1 - 1 1/2 minutes. Toast roll. Shake juice before opening.
 - If preferred, heat egg bake in air fryer for 4 minutes at 375 degrees.
- **Lunch - Pecan-Cranberry Mixed Green Salad**
 - Remove items from container. Top greens with cheese, cranberries, pecans, and dressing.
- **Dinner - BBQ Meatloaf & Cheddar Mash**
 - Remove items from container. Heat meal 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 - Bacon & Egg Bagel Sandwich**
 - Remove items from container. Toast bagel. Microwave egg patty for 1 minute and bacon for 10 seconds. Top bagel with spread, add bacon, egg and arugula.
- **Lunch - Chipotle Black Bean Burger**
 - Remove items from container. Warm black bean burger for 1 minute. If desired, toast bun and top with burger and avocado. Enjoy slaw on side.
- **Dinner - Chicken Matzo Ball Soup**
 - Remove items from container. Place soup and cobbler in separate microwavable bowls. Heat in microwave for 1 1/2 - 2 minutes. Enjoy soup with dessert.

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