

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 6/29/26. Best consumed by 7/6/26.

Day 1

- **Breakfast - Strawberry Poppyseed Bread**
 - Remove items from container. Enjoy bread with homemade preserves and cold yogurt on the side.
- **Lunch - Asian Chopped Salad**
 - Enjoy meal cold. Add all toppings to napa salad, drizzle with dressing and sprinkle with ramen and almonds.
- **Dinner - Cajun Shrimp Etouffee**
 - Remove items from container. Heat shrimp, sauce, rice & corn for 1 - 1 ½ 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 - Homestyle Roasted Turkey Sandwich**
 - Remove items from container. Pour soup in microwavable bowl, heat for 1 - 1 ½ minutes. Slice and toast roll. Add turkey and cranberry sauce to roll to assemble sandwich. Enjoy with fresh fruit.
- **Dinner - Tortelloni Pomodoro**
 - Remove items from container. Heat tortellini with sauce & squash in microwave for 2 - 2 ½ minutes. Enjoy with dessert.

Day 3

- **Breakfast - Swiss Cheese Egg Bake**
 - Remove items from container. Microwave eggs for 1 - 1 ½ minutes. Toast roll, if desired. Shake juice before opening.
 - If preferred, heat egg bake in air fryer for 4 minutes at 375 degrees.
- **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 - BBQ Meatloaf & Cheddar Mash**
 - Remove items from container. Heat meal in microwave for 2 - 2 ½ minutes.

Day 4

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

- **Breakfast - Bacon & Egg Bagel Sandwich**
 - Remove items from container. Toast bagel. Microwave egg patty for 1 minute and turkey bacon for 10 seconds. Top bagel with spread, add bacon, egg and spinach.
- **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 ½ - 2 minutes. Enjoy soup with dessert.

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

