

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 09/25/25. Best consumed by 10/02/25.

*Day 1***• Breakfast - Cranberry Oat Bar**

- Enjoy the cranberry bar cold, or warm in microwave 15 - 20 seconds. Enjoy with yogurt and smoothie.
- If preferred, heat bar in air fryer at 375 degrees for 3 - 4 minutes

• Lunch - Bonsai Salmon Bowl * If No Seafood was selected at checkout: Bonsai Tofu Bowl

- Remove items from container. Heat salmon (tofu) and rice in microwave for 1 - 1 1/2 minutes. Add to other ingredients and drizzle in sauce. Enjoy with dessert.

• Dinner - Swedish Meatballs

- Remove items from container. Heat items in microwave for 2 1/2 - 3 minutes.

*Day 2***• Breakfast - Cheesy Egg Strata**

- Remove items from container. Heat egg in microwave for 1 - 1 1/2 minutes. Enjoy with fruit.
- If preferred, heat casserole in a toaster oven for 1 1/2 minutes or air fryer for 4-5 minutes at 375 degrees.

• Lunch - Croque Monsieur

- Remove items from container. Heat items in microwave for 1 - 1 1/2 minutes.
- If preferred, heat in air fryer for 4 - 5 minutes at 375 degrees or toaster oven.

• Dinner - Butternut Squash Ravioli

- Remove items from container. Heat in microwave for 1 - 1 1/2 minutes.

*Day 3***• Breakfast - Sunrise Pizza**

- Remove items from container. Heat pizza and potatoes in microwave for 1 1/2 minutes.
- For best results, remove pizza and potatoes; place both in toaster oven or air fryer for 3 - 4 minutes at 375 degrees.

• Lunch - Caesar Salad with Roasted Tomatoes

- Enjoy meal cold. Cut romaine lettuce into pieces. Top with tomatoes, croutons, cheese and dressing. Enjoy with dessert.

• Dinner - Pasta Verde with Durango Turkey

- Remove items from container. Heat sauce, pasta, turkey and zucchini in microwave for 1 1/2 - 2 minutes. Enjoy the meal with cold salsa.

*Day 4***• Breakfast - Bacon & Egg Bagel Sandwich**

- Remove items from container. Toast the 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!