

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 3/30/26. Best consumed by 4/6/26.

## Day 1

### • Breakfast - Orange Berry Waffle

- Remove items from container. Toast or heat waffle in microwave for 30 - 45 seconds. Top with ricotta and berries.

### • Lunch - Tex-Mex Fish Taco

- Remove items from container. Heat fish and beans for 1 1/2 - 2 minutes. Warm tortilla. Combine fish, cheese and slaw in tortilla. Enjoy with beans on the side.
- If desired, heat fish in air fryer at 375 degrees for 3 - 4 minutes.

### • Dinner - Spaghetti Lentil Bolognese

- Remove items from container. Heat meal for 1 1/2 - 2 minutes, stirring pasta and sauce frequently.

## Day 2

### • Breakfast - Chocolate Chia Bowl

- Enjoy meal cold. Top chia pudding with berries and nut topping.

### • Lunch - Genoa Minestrone

- Remove items from container. Heat soup in microwavable bowl for 1 1/2 - 2 minutes. Heat roll in toaster oven until warm, tear open and spread with pesto cheese and enjoy with soup.

### • Dinner - Thai Coconut Chicken

- Remove items from container. Heat chicken and rice in microwave for 1 1/2 - 2 minutes. Enjoy with pitas and mango pudding for dessert.

## Day 3

### • Breakfast - Egg & Feta Tart

- Remove items from container. Microwave tart for 1 - 1 1/2 minutes.
- For best results, heat in air fryer for 3 - 4 minutes at 375°.

### • Lunch - Smoky Chicken Salad Pita

- Warm pita and fill with chicken-apple salad and spinach. Enjoy bean salad cold.

### • Dinner - Italian Sausage Flatbread Pizza

- Remove items from container. Heat flatbread in microwave for 1 - 1 1/2 minutes. Enjoy antipasto salad cold.
- For best result, heat flatbread in air fryer at 375 degrees or toaster oven for 3 - 4 minutes.

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

## Day 4

### • Breakfast - English Muffin Breakfast Sandwich

- Remove items from container. Shake smoothie and open. Toast muffin. Heat sausage, egg & cheese in microwave for 1 - 1 1/2 minutes. Place on muffin.

### • Lunch - Loaded Potato Soup

- Remove items from container. Heat soup in microwavable bowl for 1 1/2 - 2 minutes, sprinkle with cheese and bacon topping. You may wish to warm pretzels bites for 20 - 30 seconds.

### • Dinner - Salisbury Steak

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

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

Meals subject to change

