

For the most consistent daily calorie intake, enjoy meals in this suggested order.
Nutrition information is calculated 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 07/16/26.
Best consumed by 07/23/26.

Day 1

- **Breakfast - Bircher Muesli and Pears**
 - Enjoy muesli cold or warm in microwave for 1 ½ - 2 minutes. Top with pears and finish with granola.
- **Lunch - Landry Bay Crab Cakes**
 - Remove items from container. Microwave crab cake and beans for 2 - 2 ½ minutes. Top crab cake with remoulade sauce.
 - For best results, heat in air fryer for 5 - 6 minutes at 375 degrees.
- **Dinner - Turkey & Rice ala King**
 - Remove items from container. Heat meal in microwave for 1 ½ - 2 minutes.

Day 2

- **Breakfast - Chocolate Pistachio Pancake**
 - Remove items from container. Warm pancake for 30 seconds or toast. Spread on mascarpone and top with berries.
- **Lunch - Turkey Cobb Salad**
 - Enjoy meal cold. Slice egg and add to salad. Add all other toppings and drizzle with dressing.
- **Dinner - Chicken Fricassee**
 - Remove items from container. Heat rice, sauce, and chicken in microwave for 1 1/2 - 2 minutes. Enjoy with dessert.
 - If preferred, heat chicken in an air fryer for 4 - 5 minutes at 375 degrees, place over rice and top with heated sauce.

Day 3

- **Breakfast - Avocado Toast**
 - Remove items from container. Toast bread; spread with avocado. Heat egg for 30 seconds. Top toast with egg and pickled onion. Enjoy with fruit.
- **Lunch - BBQ Chicken Pizza**
 - Remove items from container. Heat pizza in microwave for 1 - 1 ½ minutes. Enjoy with salad and fresh fruit.
 - If preferred, for crispier crust, use toaster oven or warm pizza in air fryer for 4 - 5 minutes at 375 degrees.
- **Dinner - Honey Garlic Chicken Bowl**
 - Remove items from container. Place meal in microwave for 1 ½ - 2 minutes.

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 ½ minutes. Place on muffin.
- **Lunch - Loaded Potato Soup**
 - Remove items from container. Heat soup in microwavable bowl for 1 ½ - 2 minutes; sprinkle with cheese & bacon topping. You may wish to warm pretzel bites slightly.
- **Dinner - Salisbury Steak**
 - Remove items from container. Heat the meal in microwave for 1 ½ - 2 minutes.

Check out our upcoming menus by scanning the QR Code!

Menu Subject To Change

