

**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 11/13/25.

**Best consumed by 11/20/25.**

## Day 1

- **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 - Landry Bay Crab Cakes**
  - Remove items from container. Microwave crab cake and beans for 2 - 2 1/2 minutes. Top crab cake with remoulade sauce.
  - For best results, heat in air fryer for 5 - 6 minutes at 375 degrees.
- **Dinner - Traditional Cottage Pie**
  - Remove items from container. Heat cottage pie in microwave for 1 - 2 minutes. Enjoy with chilled beet salad and dessert.

## Day 2

- **Breakfast - Bircher Muesli and Pears**
  - Enjoy muesli cold, or warm in microwave for 1 1/2 - 2 minutes. Top with pears and finish with granola.
- **Lunch - Turkey Cobb Salad**
  - Enjoy meal cold. Slice egg and add to salad. Add all other toppings to salad, drizzle with dressing.
- **Dinner - Chicken Fricassee**
  - Remove items from container. Heat rice, sauce, chicken and green beans 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 - Chocolate Pistachio Pancake**
  - Remove items from container. Warm pancake for 30 seconds or toast. Spread on mascarpone and top with berries.
- **Lunch - BBQ Chicken Pizza**
  - Remove items from container. Heat pizza in microwave for 1 - 1 1/2 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 1/2 - 2 minutes.

## Day 4

- **Breakfast - English Muffin Breakfast Sandwich**
  - Remove items from container. Shake smoothie before opening. Heat sausage, egg & cheese in microwave for 1 - 1 1/2 minutes. Place on muffin to make a sandwich.
- **Lunch - Loaded Potato Soup**
  - Remove items from container. Heat soup in microwavable bowl for 1 1/2 - 2 minutes. Sprinkle with cheese & bacon topping. You may wish to warm pretzel 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 the QR Code!**

Menu Subject To Change

