

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 08/24/26. Best consumed by 08/31/26.

Day 1

- **Breakfast - Open Faced Asparagus & Gruyere Omelet**
 - Remove items from container. Heat omelet for 1 - 2 minutes. Toast bread and enjoy with smoothie.
 - If preferred, heat omelet in air fryer at 375 degrees to 3 - 4 minutes.
- **Lunch - Baja Chicken Tinga Wrap**
 - Remove items from container. Warm tortilla. Microwave beans and tinga for 1 ½ - 2 minutes. Top tortilla with tinga, cabbage, cheese and sour cream. Enjoy beans separately.
- **Dinner - Cauliflower Tikka Masala**
 - Remove items from container. Heat pitas for 15 seconds then set aside. Heat the remaining ingredients in the microwave for 1 ½ - 2 minutes.

Day 2

- **Breakfast - Blueberry Banana Waffle Bites**
 - Remove items from container. Heat waffle bites in microwave for 30 - 45 seconds and enjoy with sauce, whipped cheese & topping.
- **Lunch - Fresh Fruit & Cottage Cheese Plate**
 - Enjoy meal cold. Use cheese spread on flatbread cracker. Enjoy cottage cheese with fruit.
- **Dinner - Nona Sutton's Lasagna**
 - Remove items from container. Heat lasagna in microwave for 1 ½ - 2 minutes. Top greens with carrots, sunflower seeds and dressing.
 - If preferred, warm lasagna in air fryer at 375 degrees for 5 - 6 minutes.

Day 3

- **Breakfast - Berry Colada Parfait**
 - Enjoy meal cold. Top yogurt with fruit and quinoa crumble
- **Lunch - Moroccan Chicken Skewers**
 - Remove items from container. Heat skewers and rice in microwave for 1 ½ - 2 minutes. Top with garbanzos and turnips, drizzle with sauce.
- **Dinner - Roast Turkey in Dijon Cream Sauce**
 - Remove items from container. Heat the items in the microwave for 3 minutes.

Day 4

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

- **Breakfast - Biscuits & Sausage Gravy**
 - Remove items from container. Toast biscuit, if desired. Heat gravy and egg in microwave for 1 - 1 ½ minutes. Pour gravy over biscuit and enjoy with egg and fruit.
- **Lunch - Chicken Salad on Croissant**
 - Slice and toast croissant. Assemble as chicken salad sandwich and enjoy with fresh fruit.
- **Dinner- Sweet & Sour Chicken**
 - Remove items from container. Heat items in microwave for 1 ½ - 2 minutes (1200 Plan) or 3 minutes (2000 Plan).
 - If preferred, warm chicken in air fryer for 4 minutes at 375 degrees.

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

