

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 7/23/26. Best consumed by 7/30/26.

Day 1

- **Breakfast - Wild Blackberry Parfait**
 - Enjoy meal cold. Top yogurt with blackberry coulis and granola.
- **Lunch - Chicken & Dumplings**
 - Remove items from container. Heat chicken and dumplings with peas & carrots in microwave for 1 - 1 ½ minutes. Enjoy with dessert.
- **Dinner - Raspberry Goat Cheese Salad**
 - Remove items from container. Arrange spinach on a plate with beets and top with dressings and pistachio mix. Enjoy cookie for dessert.

Day 2

- **Breakfast - Egg Fonduta**
 - Remove items from container. Heat fonduta in microwave for 1 ½ minutes. Toast bread.
 - If preferred, heat the fonduta in a toaster oven 1 ½ minutes or air fryer for 4 - 5 minutes at 375 degrees.
- **Lunch - Mushroom Swiss Chicken Burger**
 - Remove items from container. Heat burger and mushrooms in microwave for 1 - 1 ½ minutes top with Swiss cheese and heat for 10 seconds. Place on top of bun. Enjoy with slaw on the side.
- **Dinner - Rustic Zucchini Cavatappi**
 - Remove items from container. Mix pasta and sauce together; heat in microwave 2 - 2 ½ minutes. Top with cheese. Toast roll. Enjoy with dessert.

Day 3

- **Breakfast - Strawberry Cheesecake French Toast**
 - Remove items from container. Heat French toast in microwave for 30 seconds, or toast if preferred. Top toast with gelee and cream.
- **Lunch - Broccoli Cheddar Soup & Salad**
 - Remove items from container. Heat soup in microwavable bowl for 2 minutes. Briefly warm roll or toast, if desired. Enjoy grain salad cold.
- **Dinner - Chicken Enchilada Bake**
 - Remove items from container. Heat enchilada in microwave for 1 ½ minutes. Enjoy corn salad cold.
 - If preferred, heat enchilada in air fryer for 4-5 minutes at 375 degrees.

Day 4

- **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 in microwave for 1 ½ - 2 minutes.
 - If preferred, warm chicken in air fryer for 4 minutes at 375 degrees.

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

