

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 11/20/25. Best consumed by 11/27/25.

Day 1

- **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. Heat turkey bacon for 10 seconds (2000 Plan only).
- **Lunch - El Pastor Bowl**
 - Remove items from container. Heat chicken for 1 1/2 - 2 minutes. Combine remaining ingredients and top with heated chicken.
- **Dinner - Raspberry Goat Cheese Salad**
 - Arrange lettuce on a plate with beets and top with dressing and pistachio mix. Enjoy cookie for dessert.

Day 2

- **Breakfast - Egg Fonduta**
 - Remove items from container. Heat fonduta in microwave for 1 1/2 minutes. Toast bread.
 - If preferred, heat the fonduta in a toaster oven 1 1/2 minutes or air fryer for 4 - 5 minutes at 375 degrees.
- **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 1/2 minutes. Enjoy corn salad cold.
 - If preferred, heat enchilada in air fryer for 4-5 minutes at 375 degrees.

Day 3

- **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 1/2 minutes. Enjoy with dessert.
- **Dinner - Rustic Zucchini Cavatappi**
 - Remove items from container. Mix pasta and sauce together; heat in microwave 2 - 2 1/2 minutes. Top with cheese. Toast roll. Enjoy with dessert.

Day 4

- **Breakfast - Biscuits & Sausage Gravy**
 - Remove items from container. Toast biscuit, if desired. Heat gravy and egg in microwave for 1 - 1 1/2 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 1/2 - 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!

