

**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 3/9/26. Best consumed by 3/16/26.

## Day 1

- **Breakfast - Strawberry Chia Oatmeal**
  - Remove items from container. Heat oatmeal in microwave for 1 - 1 1/2 minutes. Add toppings and enjoy.
- **Lunch - Chili Tempeh Salad**
  - Remove items from container. Heat fritter in microwave for 45 seconds - 1 minute. Top greens with fritter and vegetables, add wonton strips and nuts. Drizzle with dressing.
- **Dinner - Garden Tamale Bowl**
  - Remove items from container. Remove dessert. Top masa with sauce and heat in microwave for 2 - 2 1/2 minutes. Enjoy with dessert.

## Day 2

- **Breakfast - Cheesy Baked Egg Casserole**
  - Remove items from container. Toast bread. Heat egg for 1 - 1 1/2 minutes in microwave. Enjoy with fresh fruit.
  - If preferred, heat casserole in a toaster oven for 1 1/2 minutes or air fryer for 4 minutes at 375 degrees.
- **Lunch - Tuscan Bean Soup & Crostata**
  - Remove items from container. Heat soup in microwavable bowl for 1 - 1 1/2 minutes. Warm crostata in microwave for 30 seconds or heat in toaster oven.
  - For best results, heat crostata in air fryer at 375 degrees for 2 minutes.
- **Dinner - Penne Vodka Meatballs**
  - Remove items from container. Heat items in microwave for 2 - 2 1/2 minutes.

## Day 3

- **Breakfast - Peach Berry Blintz**
  - Remove items from container. Heat items in microwave for 1 - 1 1/2 minutes.
  - If preferred, heat the blintz and sausage in an air fryer for 4 minutes at 375 degrees.
- **Lunch - Curry Chicken Salad**
  - Enjoy meal cold. Eat curry chicken salad with crackers and peanut butter dip with apples.
- **Dinner - Chicken Linguini Alfredo**
  - Remove items from container. Heat items in microwave for 2 - 2 1/2 minutes.

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

**Day 4** **If you ordered a full week plan, these meals will be made fresh and arrive in your next package on Thursday.**

- **Breakfast - Ciabatta Egg Sandwich**
  - Remove items from container. Slice roll, assemble breakfast sandwich with cheese and egg; microwave for 45 seconds. Enjoy with fresh fruit.
- **Lunch - Lou's Bleu Burger**
  - Remove items from container. Microwave burger for 45 seconds - 1 minute. Toast bun; place spread on bun, top with burger and slaw. Enjoy with fresh fruit.
  - If preferred, heat turkey burger in air fryer at 375 degrees for 4 minutes.
- **Dinner - Honey Peach BBQ Chicken**
  - Remove items from container. Heat items in microwave for 2 - 2 1/2 minutes.

**Check out our upcoming menus by scanning on the QR Code!**

