

**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 6/22/26. Best consumed by 6/29/26.

## Day 1

- **Breakfast - Strawberry Chia Oatmeal**
  - Remove items from container. Heat oatmeal in microwave for 1 - 1 ½ minutes. Add toppings and enjoy.
- **Lunch - Chili Tempah 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 - Penne Vodka Meatballs**
  - Remove items from container. Heat items in microwave for 2 - 2 ½ minutes.

## Day 2

- **Breakfast - Cheesy Baked Egg Casserole**
  - Remove items from container. Toast bread. Heat egg for 1 - 1 ½ minutes in microwave. Enjoy with fresh fruit.
  - If preferred, heat casserole in a toaster oven for 1 ½ minutes or air fryer for 4 minutes at 375 degrees.
- **Lunch - Pecan Cranberry Salad**
  - Enjoy meal cold. Top lettuce with cheese, cranberries, pecans and dressing. Enjoy with crackers.
- **Dinner - Genoa Minestrone**
  - Remove items from container. Heat soup in microwave for 1 ½ - 2 minutes. Heat roll in toaster oven until warm, tear open and spread pesto cheese and enjoy with soup.

## Day 3

- **Breakfast - Peach Berry Blintz**
  - Remove items from container. Heat items in microwave for 1 - 1 ½ 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 ½ minutes.

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

## Day 4

- **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 ½ minutes.

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

