

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 07/02/26. Best consumed by 07/09/26.

### Day 1

- **Breakfast - Cranberry Oat Bar**
  - Enjoy the cranberry bar cold, or warm in microwave 15 - 20 seconds. Enjoy with yogurt and smoothie.
  - If preferred, heat bar in air fryer at 375 degrees for 3 - 4 minutes
- **Lunch - Stir Fry Udon**
  - Remove items from container. Heat noodles and snow peas in butter in microwave for 1 ½ - 2 minutes.
- **Dinner - Swedish Meatballs**
  - Remove items from container. Heat items in microwave for 2 ½ - 3 minutes.

### Day 2

- **Breakfast - Cheesy Egg Strata**
  - Remove items from container. Heat egg in microwave for 1 - 1 ½ minutes. Enjoy with fruit.
  - If preferred, heat casserole in a toaster oven for 1 ½ minutes or air fryer for 4-5 minutes at 375 degrees.
- **Lunch - Croque Monsieur**
  - Remove items from container. Heat items in microwave for 1 - 1 ½ minutes.
  - If preferred, heat in air fryer for 4 - 5 minutes at 375 degrees or toaster oven.
- **Dinner - Butternut Squash Ravioli**
  - Remove items from container. Heat in microwave for 1 - 1 ½ minutes.

### Day 3

- **Breakfast - Sunrise Pizza**
  - Remove items from container. Heat pizza and potatoes in microwave for 1 ½ minutes.
  - For best results, remove pizza and potatoes; place both in toaster oven or air fryer for 3 - 4 minutes at 375 degrees.
- **Lunch - Caesar Salad with Roasted Tomatoes**
  - Enjoy meal cold. Cut romaine lettuce into pieces. Top with tomatoes, croutons, cheese and dressing. Enjoy with dessert.
- **Dinner - Pasta Verde with Durango Turkey**
  - Remove items from container. Heat sauce, pasta, turkey and zucchini in microwave for 1 ½ - 2 minutes. Enjoy the meal with cold salsa.

### Day 4

- **Breakfast - Bacon & Egg Bagel Sandwich**
  - Remove items from container. Toast the bagel. Microwave egg patty for 1 minute and turkey bacon for 10 seconds. Top bagel with spread, add turkey bacon, egg and spinach.
- **Lunch - Chipotle Black Bean Burger**
  - Remove items from container. Warm black bean burger for 1 minute. If desired, toast bun and top with burger and avocado. Enjoy slaw on side.
- **Dinner - Chicken Matzo Ball Soup**
  - Remove items from container. Place soup and cobbler in separate microwavable bowls. Heat in microwave for 1 ½ - 2 minutes. Enjoy soup with dessert.

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

