

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 12/08/25. Best consumed by 12/15/25.

## Day 1

- **Breakfast - Brioche Breakfast Sandwich**

- Remove items from container. Heat egg & sausage in microwave for 30 - 60 seconds; assemble egg, sausage, & cheese on bun for breakfast sandwich. Enjoy with fruit.

- **Lunch - Mediterranean Lunch Box**

- Enjoy meal cold. You may wish to warm chicken by placing on a microwavable plate and heating for 1 1/2 - 2 minutes.

- **Dinner - Southwestern Couscous Pilaf**

- Remove items from container. Heat couscous in microwave for 1 - 1 1/2 minutes. Warm cornbread muffin for 30 seconds. Top couscous with salsa and enjoy with cornbread.

## Day 2

- **Breakfast - Wheat Croissant with Brie**

- Remove items from container. Toast croissant or warm for 15 - 20 seconds in microwave and serve with apples, figs, marmalade and cheese.

- **Lunch - Broccoli Cheddar Fritter**

- Remove items from container. Heat fritter in microwave for 1 1/2 minutes. Top with sauce. Enjoy with fruit and dessert.

- **Dinner - Pierogi in Mushroom & Tomato Gravy**

- Remove items from container. Heat pierogi, sauce, and cabbage in microwave for 2 1/2 - 3 minutes, stirring frequently. Top pierogi with sour cream and enjoy.

## Day 3

- **Breakfast - Superfood Brioche French Toast**

- Remove items from container. Warm french toast in microwave for 30 - 45 seconds or toast in toaster oven. Top with cream cheese and berries.
- If preferred, warm french toast in air fryer for 2 - 3 minutes at 375 degrees.

- **Lunch - Loaded Quesadilla & Tortilla Soup**

- Remove items from container. Microwave soup in microwavable bowl for 1 1/2 - 2 minutes or until hot. Top with cheese and tortilla strips. Heat the quesadilla for 30 - 45 seconds. Enjoy with the soup.
- If preferred, heat quesadilla in air fryer for 3 - 4 minutes at 375 degrees.

- **Dinner - Capri Chicken with Quinoa Pilaf**

- Remove items from container. Heat chicken and quinoa salad in microwave for 1 1/2 - 2 minutes. Top greens with dressing.

## Day 4

Day 4 meals will be included in this package if you ordered a Monday 4-day plan. If you ordered a full week plan, these meals will be made fresh and arrive in your next package on Thursday.

- **Breakfast - Potato Pancakes with Smoked Veggie Cream Cheese**

- Remove items from container. Heat pancakes in microwave for 30 - 40 seconds. Top with cream cheese and enjoy with pear-apple chutney on the side.
- If desired, heat potato pancake in air fryer at 375 degrees for 4 - 5 minutes.

- **Lunch - Pecan and Poppyseed Chicken Salad**

- Enjoy meal cold. Top greens with chicken salad, drizzle with dressing and enjoy with crackers on the side.

- **Dinner - Herbed Turkey Bake**

- Remove items from container. Heat turkey bake in microwave for 1 1/2 - 2 minutes. Warm bread pudding for 30 - 45 seconds. Enjoy beets cold.

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

Menus are subject to change.

