

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 12/11/25.

Best consumed by 12/18/25.

## Day 1

- **Breakfast - Blueberry Smoothie Bowl**
  - Enjoy meal cold. Top smoothie with mango and coconut crunch.
- **Lunch - Veggie Melt**
  - Remove items from container, put soup in microwavable bowl. Heat items in microwave for 1 1/2 - 2 minutes.
  - If preferred, heat melt in an air fryer for 5 - 7 minutes at 375 degrees.
- **Dinner - Chicken Cacciatore**
  - Remove items from container. Heat chicken, sauce and lentils in microwave for 2 - 2 1/2 minutes. Enjoy dessert cold.

## Day 2

- **Breakfast - Spinach & Cheese Frittata**
  - Remove items from container. Microwave frittata & potatoes for 1 1/2 - 2 minutes. Top with cheese. Shake juice and enjoy.
  - For best results, heat frittata and potatoes in air fryer at 375 degrees for 4 minutes.
- **Lunch - Spinach Artichoke Flatbread Pizza**
  - Remove items from container. Microwave flatbread for 1 - 1 1/2 minutes. Enjoy with cold pudding and fruit.
  - For a crispier crust, air fry at 375 degrees for 4 - 5 minutes.
- **Dinner - Pesto Cream Penne**
  - Remove items from container. Mix all ingredients together and heat meal in microwave for 1 1/2 - 2 minutes.

## Day 3

- **Breakfast - Bacon & Cheddar Clafoutis**
  - Remove items from container. Heat in microwave for 1 1/2 - 2 minutes.
  - If preferred, heat in a toaster oven for 1 1/2 minutes or air fryer for 4 minutes at 375 degrees.
- **Lunch - Acapulco Taco Pie**
  - Remove items from container. Heat taco pie for 2 - 2 1/2 minutes in microwave. Enjoy with cold pozole salad and chips with salsa.
  - For best results, heat taco pie in air fryer at 375 degrees for 4 - 5 minutes.
- **Dinner - Picadillo Cubano**
  - Remove items from container. Heat meal in microwave for 1 1/2 - 2 minutes.

## Day 4

- **Breakfast - Potato & Onion Pancakes**
  - Remove items from container. Heat pancakes in microwave for 30 - 40 seconds. Top with cream cheese and enjoy with apple-pear 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.

