

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 07/13/26 Best consumed by 07/20/26.

Day 1

- **Breakfast - Orange Berry Waffle**

- Remove items from container. Toast or heat waffle in microwave for 30 - 45 seconds. Top with ricotta and berries.

- **Lunch - Tex-Mex Black Bean Taco**

- Remove items from container. Heat beans for 1 ½ - 2 minutes. Warm tortilla. Combine beans, cheese & slaw in tortilla.

- **Dinner - Thai Coconut Chicken**

- Remove items from container. Heat chicken and rice in microwave for 1 ½ - 2 minutes. Enjoy with pitas and mango pudding for dessert.

Day 2

- **Breakfast - Chocolate Chia Bowl**

- Enjoy meal cold. Top chocolate smoothie bowl with berries and nut topping.

- **Lunch - Protein Pasta Carbonara**

- Remove items from container. Heat sauce and pasta together in the microwave for 1 ½ - 2 minutes. Enjoy salad drizzled with the dressing.

- **Dinner - Spaghetti Lentil Bolognese**

- Remove items from container. Heat meal for 1 ½ - 2 minutes, stirring pasta and sauce frequently.

Day 3

- **Breakfast - Egg & Feta Tart**

- Remove items from container. Microwave tart for 1 - 1 ½ minutes.
- For best results, heat in air fryer for 3 - 4 minutes at 375°.

- **Lunch - Smoky Chicken Salad Pita**

- Warm pita and fill with chicken-apple salad and spinach. Enjoy bean salad cold.

- **Dinner - Italian Sausage Flatbread Pizza**

- Remove items from container. Heat flatbread in microwave for 1 - 1 ½ minutes. Enjoy antipasto salad cold.
- For best result, heat flatbread in air fryer at 375 degrees or toaster oven for 3 - 4 minutes.

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

Day 4

- **Breakfast - English Muffin Breakfast Sandwich**

- Remove items from container. Shake smoothie and open. Toast muffin. Heat sausage, egg & cheese in microwave for 1 - 1 ½ minutes. Place on muffin.

- **Lunch - Loaded Potato Soup**

- Remove items from container. Heat soup in microwavable bowl for 1 ½ - 2 minutes, sprinkle with cheese and bacon topping. You may wish to warm pretzels bites for 20 - 30 seconds.

- **Dinner - Salisbury Steak**

- Remove items from container. Heat meal in microwave for 1 ½ - 2 minutes.

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

Meals subject to change

