

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 11/10/25. Best consumed by 11/17/25.

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 - Smoky Chicken Salad Pita**
 - Warm pita and fill with chicken-apple salad and lettuce. Enjoy bean salad cold.
- **Dinner - Spaghetti Lentil Bolognese**
 - Remove items from container. Heat pasta and sauce for 1 1/2 - 2 minutes mixing frequently. Enjoy pasta with side salad and dressing.

Day 2

- **Breakfast - Egg & Feta Tart**
 - Remove items from container. Microwave tart for 1 - 1 1/2 minutes. Enjoy with cold fruit.
 - For best results, heat in air fryer for 3 - 4 minutes at 375°.
- **Lunch - Pear & Gorgonzola Salad**
 - Warm roll briefly in microwave. Combine remaining ingredients for a delicious salad.
- **Dinner - Thai Coconut Chicken**
 - Remove items from container. Heat chicken and rice in microwave for 1 1/2 - 2 minutes. Enjoy with pitas and mango pudding for dessert.

Day 3

- **Breakfast - Chocolate Chia Bowl**
 - Best enjoyed cold. Top chia pudding with berries and nut topping.
- **Lunch - Tex-Mex Black Bean Taco**
 - Remove items from container. Heat beans for 1 1/2 - 2 minutes. Briefly warm tortilla. Combine beans, cheese and slaw in tortilla.
- **Dinner - Sundried Tomato & Italian Sausage Flatbread**
 - Remove items from container. Heat flatbread in microwave for 1 - 1 1/2 minutes. Top arugula with dressing and enjoy.
 - For best result, heat flatbread in air fryer at 375 degrees for 3 - 4 minutes.

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.

Day 4

- **Breakfast - English Muffin Breakfast Sandwich**
 - Remove items from container. Shake smoothie before opening. Heat sausage, egg & cheese in microwave for 1 - 1 1/2 minutes. Toast muffin; top with sausage, egg & cheese.
- **Lunch - Loaded Potato Soup**
 - Remove items from container. Heat soup in microwavable bowl for 1 1/2 - 2 minutes and sprinkle with cheese and bacon topping. You may wish to warm pretzel bites for 20 - 30 seconds.
- **Dinner - Salisbury Steak**
 - Remove items from container. Heat the meal in microwave for 1 1/2 - 2 minutes.

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



Meals subject to change