

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 3/30/26 Best consumed by 4/6/26.

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 1/2 - 2 minutes. Warm tortilla. Combine beans, cheese and slaw in tortilla.
- **Dinner - Spaghetti Lentil Bolognese**
 - Remove items from container Heat meal for 1 1/2 - 2 minutes, stirring pasta and sauce frequently.

Day 2

- **Breakfast - Chocolate Chia Bowl**
 - Enjoy meal cold. Top chia pudding with berries and nut topping.
- **Lunch - Genoa Minestrone**
 - Remove items from container. Heat soup in microwavable bowl for 1 1/2 - 2 minutes. Heat roll in toaster oven until warm, tear open and spread with pesto cheese and enjoy with soup.
- **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 - Egg & Feta Tart**
 - Remove items from container. Microwave tart for 1 - 1 1/2 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 1/2 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. 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 and open. Toast muffin. Heat sausage, egg & cheese in microwave for 1 - 1 1/2 minutes. Place on muffin
- **Lunch - Loaded Potato Soup**
 - Remove items from container. Heat soup in microwavable bowl for 1 1/2 - 2 minutes, sprinkle with cheese and bacon topping. You may wish to warm pretzels.
- **Dinner - Salisbury Steak**
 - Remove items from container. Heat the meal in microwave for 1 1/2 - 2 minutes.

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

Meals subject to change

