

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 07/16/26. Best consumed by 07/23/26.

Day 1

• **Breakfast - Avocado Toast**

- Remove items from container. Toast bread; spread with avocado. Heat egg for 30 seconds. Top toast with egg and pickled onion. Enjoy with fruit.

• **Lunch - Landry Bay Zucchini Cakes**

- Remove items from container. Microwave zucchini cake and beans for 2 - 2 ½ minutes. Top zucchini cake with remoulade sauce.
- For best results, heat in air fryer for 5 - 6 minutes at 375 degrees.

• **Dinner - Turkey & Rice ala King**

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

Day 2

• **Breakfast - Chocolate Pistachio Pancake**

- Remove items from container. Warm pancake for 30 seconds or toast. Spread on mascarpone and top with berries.

• **Lunch - Turkey Cobb Salad**

- Enjoy meal cold. Slice egg and add to salad. Add all other toppings and drizzle with dressing.

• **Dinner - Chicken Fricassee**

- Remove items from container. Heat rice, sauce, chicken and green beans in microwave for 1 ½ - 2 minutes. Enjoy with dessert.
- If preferred, heat chicken in an air fryer for 4 - 5 minutes at 375 degrees, place over rice and top with heated sauce.

Day 3

• **Breakfast - Bircher Muesli and Pears**

- Enjoy muesli cold or warm in microwave for 1 ½ - 2 minutes. Top with pears and finish with granola.

• **Lunch - BBQ Chicken Pizza**

- Remove items from container. Heat pizza in microwave for 1 - 1 ½ minutes. Enjoy with salad and fresh fruit.
- If preferred, for crispier crust, use toaster oven or warm pizza in air fryer for 4 - 5 minutes at 375 degrees.

• **Dinner - Honey Garlic Chicken Bowl**

- Remove items from container. Place meal in microwave for 1 1/2 - 2 minutes.

Day 4

• **Breakfast - English Muffin Breakfast Sandwich**

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

• **Lunch - Loaded Potato Soup**

- Remove items from container. Heat soup in microwavable bowl for 1 ½ - 2 minutes. Sprinkle with cheese & bacon topping. You may wish to warm pretzel 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 the QR Code!

Menu Subject To Change

