

For the most consistent daily calorie intake, enjoy meals in this suggested order.

Nutrition information is averaged with the addition of 3 servings of low-fat dairy servings. Meals prepared for Pickup/Ship date 12/11/25. Best consumed by 12/18/25.

Day 1

- **Breakfast - Spinach & Goat Cheese Frittata**

- Remove items from container. Microwave frittata & potatoes for 1 ½ - 2 minutes. Top with cheese. Shake juice before opening and enjoy.
- If preferred, heat frittata & potatoes in a toaster oven for 1 1/2 minutes or in an air fryer for 4 minutes at 375 degrees.

- **Lunch - Veggie Melt**

- Remove items from container. Heat melt and soup in microwave for 1 1/2 - 2 minutes.
- If preferred, heat melt in an air fryer for 6-8 minutes at 375 degrees.

- **Dinner - Pesto Cream Penne**

- Remove items from container. Mix all ingredients together and heat meal in microwave for 1 ½ - 2 minutes.

Day 2

- **Breakfast - Blueberry Smoothie Bowl**

- Enjoy meal cold. Top smoothie with mango and coconut crunch.

- **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 - Eggplant Parmesan**

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

Day 3

- **Breakfast - Vegetarian Bacon & Cheddar Clafoutis**

- Remove items from container. Heat in microwave for 1 ½ - 2 minutes.
- If preferred, meat clafoutis in air fryer for 3-4 minutes at 375 degrees.

- **Lunch - Vegetarian Acapulco Taco Pie**

- Remove items from container. Heat taco pie for 2 - 2 1/2 minutes. Enjoy with cold pozole salad and chips with salsa.
- If desired, heat taco pie in air fryer at 375 degrees for 4-5 minutes.

- **Dinner - Vegetarian Picadillo Cubano**

- Remove items from container. Heat the 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 - Poppyseed Sweet Potato Salad**

- Enjoy meal cold. Top greens with sweet potato; drizzle with dressing and enjoy with the crackers on the side.

- **Dinner - Butternut & Zucchini Bake**

- Remove items from container. Heat veggie bake in microwave for 1 ½ - 2 minutes. Warm bread pudding for 30 - 45 seconds. Enjoy beets cold.

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

Menus are subject to change.

