

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

Nutrition information is calculated 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 & beans for 2 - 2 ½ minutes. Top zucchini cake with remoulade sauce, beans with butter.
- For best results, heat in air fryer for 5 - 6 minutes at 375 degrees.

- **Dinner - White Bean & Rice ala King**

- Remove items from container. Heat 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 - Greek Lunch Platter**

- Remove items from container. Heat spanakopita in microwave for 1 - 1 ½ minutes. Enjoy baba ganoush with carrots, tomatoes, and mini naan.

- **Dinner - Honey Garlic Chickpea Bowl**

- Remove items from container. Place meal in microwave for 1 ½ - 2 minutes. Mix butter with peas.

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 - Vietnamese Banh Mi**

- Remove items from container. Heat tempeh mixture in microwave for 45 - 60 seconds. Toast bun and fill with mixture, pickled vegetables, aioli and pesto. Enjoy with yaki peanut salad on side.

- **Dinner - Spinach Ravioli**

- Remove items from container. Heat ravioli and sauce in microwave for 1 ½ - 2 minutes. Top with tomatoes and parmesan cheese. Drizzle dressing over greens and enjoy on the side.

Day 4

- **Breakfast - Croissant Breakfast Sandwich**

- Remove items from container. Top egg with cheese, then heat in microwave for 45 - 60 seconds. Toast croissant then spread pesto on bottom and add egg and cheese. Enjoy with fresh fruit.

- **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 - Peppered Lentil Salisbury Steak**

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

Check out our upcoming menus by scanning the QR Code!

Menu Subject To Change

