

**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 11/17/25. Best consumed by 11/24/25.

## *Day 1*

- **Breakfast - Open-Faced Asparagus & Gruyere Omelet**
  - Remove items from container. Heat omelet for 1 - 2 minutes. Toast bread and enjoy with smoothie.
  - If preferred, heat omelet in air fryer at 375 degrees for 3 - 4 minutes.
- **Lunch - Lunch - Baja Zucchini Tinga Wrap**
  - Remove items from container. Warm tortilla. Microwave beans and tinga for 1 1/2 - 2 minutes. Top tortilla with tinga, cabbage, cheese and sour cream. Enjoy beans separately.
- **Dinner - Cauliflower Tikka Masala**
  - Remove items from container. Set aside sauce. Heat pitas 15 seconds and set aside. Heat remaining meal in microwave for 1 1/2 - 2 minutes. Top cauliflower with sauce and enjoy.

## *Day 2*

- **Breakfast - Berry Colada Parfait**
  - Enjoy meal cold. Top yogurt with fruit and quinoa crumble.
- **Lunch - Moroccan Kofta Bowl**
  - Remove items from container. Heat kofta and rice in microwave for 1 1/2 - 2 minutes. Top with garbanzos and turnips, drizzle with sauce.
- **Dinner - Nona Sutton's Lasagna**
  - Remove items from container. Heat lasagna in microwave for 1 1/2 - 2 minutes. Top salad with sunflower seeds and dressing.
  - If preferred, warm lasagna in air fryer at 375 degrees for 5-6 minutes.

## *Day 3*

- **Breakfast - Chocolate Hazelnut Crepe & Strawberry Salsa**
  - Remove items from container. Warm crepe for 30 - 45 seconds in microwave. Top with strawberry salsa.
- **Lunch - Fresh Fruit & Cottage Cheese Plate**
  - Enjoy meal cold. Use cheese spread on flatbread crackers. Enjoy cottage cheese with fruit.
- **Dinner - Chipotle Sweet Potato Chili**
  - Remove items from container. Heat chili for 1 1/2 - 2 minutes. Top with sour cream and cheese. Warm corn bread muffin and enjoy with chili.

## *Day 4*

**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.**

- **Breakfast - Biscuits & Vegetarian Gravy**
  - Remove items from container. Toast biscuit, if desired. Heat gravy and egg in microwave for 1 - 1 1/2 minutes. Pour gravy over biscuit and enjoy with egg and fruit.
- **Lunch - Egg Salad on Croissant**
  - Slice and toast croissant. Assemble as egg salad sandwich and enjoy with fresh fruit.
- **Dinner - Sweet & Sour Tofu**
  - Remove items from container. Heat items in microwave for 1 1/2 - 2 minutes.
  - If preferred, warm tofu in air fryer to 4 minutes at 375 degrees.

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

