

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 7/23/26. Best consumed by 7/30/26.

Day 1

- **Breakfast - Strawberry Cheesecake French Toast**
 - Remove items from container. Heat French toast in microwave for 30 seconds, or toast if preferred. Top toast with gelee and cream.
- **Lunch - Broccoli Cheddar Soup & Salad**
 - Remove items from container. Heat soup in microwavable bowl for 2 minutes. Briefly warm roll or toast, if desired. Enjoy grain salad cold.
- **Dinner - Rustic Zucchini Cavatappi**
 - Remove items from container. Mix the pasta and sauce together; heat in microwave for 2 - 2 ½ minutes. Top with cheese. Toast roll. Enjoy with dessert.

Day 2

- **Breakfast - Egg Fonduta**
 - Remove items from container. Heat fonduta in microwave for 1 ½ minutes. Toast bread.
 - If preferred, heat fonduta in a toaster oven 1 ½ minutes or in an air fryer for 4 - 5 minutes at 375 degrees.
- **Lunch - Eggplant Goat Cheese Melt**
 - Remove items from container. Heat the eggplant melt in microwave for 45 - 60 seconds. Top melt with arugula and drizzle with balsamic glaze. Enjoy cookie for dessert.
 - If preferred, heat melt in air fryer for 2 - 2 ½ minutes at 375 degrees.
- **Dinner - Spinach Manicotti**
 - Remove items from container. Heat manicotti and green beans in microwave for 1 ½ - 2 minutes.

Day 3

- **Breakfast - Wild Blackberry Parfait**
 - Enjoy meal cold. Top yogurt with blackberry coulis and granola.
- **Lunch - Chickpea Tagine**
 - Remove items from container. Heat the couscous and tagine in microwave for 1 ½ - 2 minutes. Toast pita and sprinkle almonds over the tagine.
- **Dinner - Raspberry Goat Cheese Salad**
 - Remove items from container. Arrange spinach on a plate with beets and top with dressing and pistachio mix. Enjoy cookie for dessert.

Day 4

- **Breakfast - Chorizo & Egg Breakfast Taco**
 - Remove items from container. Heat sweet potato and egg mixture in microwave for 1 - 1 ½ minutes. Heat tortilla for 10 seconds then add egg mixture and top with salsa and cheese. Enjoy sweet potatoes on the side.
- **Lunch - Egg Salad on Croissant**
 - Slice and toast croissant. Assemble as egg salad sandwich and enjoy with fresh fruit.
- **Dinner - Vegetable Pad Thai**
 - Remove items from container. Heat the noodles in microwave for 1 ½ - 2 minutes then top with peanuts. Mix the cucumbers and onions with dressing and enjoy on the side.

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

