

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 11/20/25. Best consumed by 11/27/25.

Day 1

- **Breakfast - Egg Fonduta**
 - Remove items from container. Heat fonduta in microwave for 1 1/2 minutes. Toast bread.
 - If preferred, heat fonduta in a toaster oven 1 1/2 minutes or in an air fryer for 4 - 5 minutes at 375 degrees.
- **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 1/2 minutes. Top with cheese. Toast roll. Enjoy with dessert.

Day 2

- **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 - El Pastor Bowl**
 - Remove items from container. Heat garbanzos for 1 - 1 1/2 minutes. Combine remaining ingredients and top with heated garbanzo beans.
- **Dinner - Black Bean Enchilada Bake**
 - Remove items from container. Heat enchilada in microwave for 1 1/2 minutes. Enjoy corn salad cold.
 - If preferred, heat enchilada in air fryer at 375 degrees for 4 - 5 minutes.

Day 3

- **Breakfast - Wild Blackberry Parfait**
 - Enjoy meal cold. Top yogurt with blackberry coulis and granola.
- **Lunch - Vegetables & Dumplings**
 - Remove items from container. Heat vegetables and dumplings with peas & carrots in microwave for 1 - 1 1/2 minutes. Enjoy with dessert.
- **Dinner - Raspberry Goat Cheese Salad**
 - Arrange lettuce on a plate with beets and top with dressing and pistachio mix. Enjoy cookie for dessert.

Day 4

- **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. Microwave for 3 minutes.
 - If preferred, warm tofu in air fryer for 4 minutes at 375 degrees.

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

