

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 for the 1500 calorie plan. Meals prepared for Pickup/Ship Date 10/20/25. Best consumed by 10/27/25.

Day 1

- **Breakfast - Cheesy Baked Egg Casserole**

- Remove items from container. Toast bread. Heat egg for 1 - 1 1/2 minutes in microwave. Enjoy with fresh fruit.
- If preferred, heat casserole in a toaster oven for 1 1/2 minutes or in an air fryer for 4 minutes at 375 degrees.

- **Lunch - Curry Chickpea Salad**

- Enjoy meal cold. Eat curry chickpea salad with crackers and peanut butter dip with apples.

- **Dinner - Primavera Alfredo**

- Remove items from container. Heat items for 2 - 2 1/2 minutes.

Day 2

- **Breakfast - Strawberry Chia Oatmeal**

- Remove items from containers. Heat oatmeal in microwave for 1 - 1 1/2 minutes. Add toppings and enjoy.

- **Lunch - Tuscan Bean Soup & Crostata**

- Remove items from container. Heat soup in microwave for 1 - 1 1/2 minutes. Warm crostata in microwave for 30 seconds in heat in toaster oven.
- For best results, heat crostata in air fryer at 375 degrees for 2 minutes.

- **Dinner - Tamale Bowl**

- Remove items from container. Heat items in microwave for 2 - 2 1/2 minutes. Enjoy with dessert.

Day 3

- **Breakfast - Peach Berry Blintz**

- Remove items from container. Heat items in microwave for 1 - 1 1/2 minutes.
- If preferred, heat the blintz and sausage in an air fryer for 4 minutes at 375 degrees.

- **Lunch - Honey Tempeh Salad**

- Remove items from container. Heat tempeh for 1 - 1 1/2 minutes. Top greens with tempeh and vegetables, add wonton strips and nuts. Drizzle with dressing.

- **Dinner - Vegetarian Vodka Meatballs**

- Remove items from container. Heat items in microwave for 2 - 2 1/2 minutes.

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 - Ciabatta Egg Sandwich**

- Remove items from container. Slice roll, assemble breakfast sandwich with cheese and egg; microwave for 45 seconds. Enjoy with fresh fruit.

- **Lunch - Lou's Bleu Veggie Burger**

- Remove items from container. Warm burger in microwave for 45 seconds - 1 minute. Toast bun; place spread on bun, top with burger and slaw. Enjoy with fresh fruit.
- If preferred, heat veggie burger in air fryer at 375 degrees for 4 minutes.

- **Dinner - Homestyle Macaroni & Cheese**

- Remove items from containers. Heat items in microwave for 2 - 2 1/2 minutes.

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

