

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 6/22/26. Best consumed by 6/29/26.

Day 1

- **Breakfast - Cheesy Baked Egg Casserole**
 - Remove items from container. Toast bread. Heat egg for 1 - 1 ½ minutes in microwave. Enjoy with fresh fruit.
 - If preferred, heat casserole in a toaster oven for 1 ½ minutes or in an air fryer for 4 minutes at 375 degrees.
- **Lunch - Chili Tempeh Salad**
 - Remove items from container. Heat fritter for 1 - 1 ½ minutes. Top greens with fritter and vegetables, add wonton strips and nuts. Drizzle with dressing.
- **Dinner - Vegetarian Vodka Meatballs**
 - Remove all items from the container. Heat items in microwave for 2 - 2 ½ minutes.

Day 2

- **Breakfast - Strawberry Chia Oatmeal**
 - Remove items from containers. Heat oatmeal in microwave for 1 - 1 ½ minutes. Add toppings and enjoy.
- **Lunch - Pecan Cranberry Salad**
 - Enjoy meal cold. Top lettuce with cheese, cranberries, pecans and dressing. Enjoy with crackers.
- **Dinner - Genoa Minestrone**
 - Remove items from container. Heat soup in microwavable bowl for 1 ½ - 2 minutes. Heat roll in toaster oven until warm, tear open and spread with pesto cheese and enjoy with soup.

Day 3

- **Breakfast - Peach & Ricotta Toast**
 - Remove items from container. Heat hashbrown in microwave for 45 - 60 seconds. Toast the brioche slice then top with ricotta, peaches, pistachios mix, arugula and strawberry glaze.
- **Lunch - Korean Street Sliders**
 - Remove items from container. Heat the fritter and potatoes in microwave for 1 - 1 ½ minutes. Toast bun and fill with fritter, aioli and cheddar. Enjoy with potatoes on the side.
- **Dinner - Primavera Alfredo**
 - Remove items from container. Heat items for 2 - 2 ½ minutes.

Day 4

Day 4 meals will be included in this package if you ordered a Monday 4-day plan.

- **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 - Portobello Burger**
 - Remove items from container. Heat portobello in microwave for 1 - 1 ½ minutes. Toast bun then fill with portobello, aioli, crispy onions, roasted onions and spinach. Enjoy with fruit.
- **Dinner - Homestyle Macaroni & Cheese**
 - Remove items from containers. Heat items in microwave for 2 - 2 ½ minutes.

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

