

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 06/25/26. Best consumed by 07/02/26.

Day 1

- **Breakfast - Matcha Muffin Top**
 - Remove items from container. Enjoy meal cold with matcha cream and cherries.
- **Lunch - Gemelli Pasta Salad**
 - Enjoy meal cold. Top cheesecake with blueberries for dessert.
- **Dinner - Sofrito Tofu**
 - Remove items from container. Heat rice, beans and sofrito mix for 1 - 1 ½ minutes and top with salsa

Day 2

- **Breakfast - Hashbrown Casserole**
 - Remove items from container. Heat casserole in microwave for 1 ½ - 2 minutes. Enjoy with fruit.
 - If desired, heat casserole in air fryer at 375 degrees for 4 minutes.
- **Lunch - Three Bean Chili**
 - Remove items from container. Heat chili in microwave for 1 - 1 ½ minutes. Garnish with cheese and enjoy with guacamole and chips.
- **Dinner - Classic Ratatouille**
 - Remove items from container. Heat ratatouille and risotto in microwave for 1 ½ - 2 minutes. Heat bread in toaster oven. Sprinkle cheese on risotto.

Day 3

- **Breakfast - Cheddar & Sausage Breakfast Casserole**
 - Remove items from container. Warm casserole for 1 ½ - 2 minutes. Toast bread if desired. Use almond butter on bread. Enjoy with fruit.
 - If desired, heat casserole in air fryer at 375 degrees for 3 - 4 minutes.
- **Lunch - Margherita Flatbread Pizza**
 - Remove items from container. Heat pizza in microwave for 45 seconds. Enjoy salad separately.
 - For best results, heat pizza in air fryer to 3 - 4 minutes at 375 degrees.
- **Dinner - Greek Chickpea-Feta Fritter**
 - Remove items from container. Heat items in microwave for 2 - 2 ½ minutes.

Day 4

- **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 - BBQ Shiitake Sandwich**
 - Remove items from containers. Heat bbq mixture in microwave for 1 - 1 ½ minutes. Toast bun then fill with bbq mixture and sweet pickles. Enjoy with pasta salad side.
- **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!

