

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. Meal prepared for Pickup/Ship Date of 10/23/25. Best consumed by 10/30/25.

Day 1

- **Breakfast - Cheddar & Sausage Breakfast Casserole**

- Remove items from container. Warm casserole for 1 1/2 - 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 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 - Marry Me Pasta**

- Remove items from container. Heat pasta, sauce and vegetables in microwave for 1 1/2 - 2 minutes. Enjoy with dessert.

Day 2

- **Breakfast - Blueberry Almond Torta**

- Remove items from container. Heat sausage in microwave for 30 - 45 seconds. Torta can be eaten cold or warmed in microwave 30 seconds. Top with blueberries and enjoy.

- **Lunch - Three Bean Chili**

- Remove items from container. Heat chili in microwave for 1 - 1 1/2 minutes. Garnish with cheese and enjoy with guacamole and chips.

- **Dinner - Sofrito Tofu**

- Remove items from container. Heat rice, beans and sofrito mix for 1 - 1 1/2 minutes and top with salsa.

Day 3

- **Breakfast - Hashbrown Casserole**

- Remove items from container. Heat casserole in microwave for 2 - 2 1/2 minutes. Enjoy with fruit.
- If desired, heat casserole in air fryer at 375 degrees for 4 minutes.

- **Lunch - Gemelli Pasta Salad**

- Enjoy meal cold. Top cheesecake with blueberries for dessert.

- **Dinner - Greek Chickpea-Feta Fritter**

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

