

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 10/27/25. Best consumed by 11/03/25.

Day 1

- **Breakfast - Morning Protein Plate**

- Remove items from container. Pita is best toasted. Spread can be used on pita or as a dip for the fruit. Sprinkle seasoning on egg and enjoy cold.

- **Lunch - Falafel Bowl**

- Remove items from container. Heat falafel and couscous in microwave for 1 - 1 1/2 minutes. Top with cucumber and tomatoes, drizzle with sauce and enjoy with naan on the side.

- **Dinner - Tortellini Pomodoro**

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

Day 2

- **Breakfast - Swiss Cheese Egg Bake**

- Remove items from container. Heat eggs for 1 - 1 1/2 minutes in the microwave. Toast roll, if desired. Shake juice before opening.
- If preferred, heat egg bake in the air fryer for 4 minutes at 375 degrees.

- **Lunch - Pumpkin-Sweet Potato Bisque & Wheatberry Salad**

- Remove items from container. Heat soup in microwavable bowl for 1 - 1 1/2 minutes. Drizzle dressing over spinach and wheatberry salad, top with almonds and enjoy.

- **Dinner - Cajun Etouffee**

- Remove items from container. Heat garbanzo etouffee, rice & corn for 1 - 1 1/2 minutes. Enjoy with dessert.

Day 3

- **Breakfast - Strawberry Poppyseed Bread**

- Remove items from container. Enjoy bread with homemade preserves and cold yogurt on the side.

- **Lunch - Pecan-Cranberry Mixed Green Salad**

- Enjoy meal cold. Top greens with cheese, cranberries, pecans, and dressing.

- **Dinner - BBQ "Meatloaf" & Cheddar Mash**

- Remove items from container. Heat meal 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 - Bagel Breakfast Sandwich**

- Remove items from container. Toast the bagel. Microwave egg patty for 1 minute and vegetarian bacon for 10 seconds. Top bagel with spread, add vegetarian bacon, egg and arugula.

- **Lunch - Chipotle Black Bean Burger**

- Remove items from container. Warm black bean burger for 1 minute. If desired, toast bun and top with burger and avocado. Enjoy slaw on side.

- **Dinner - Lentil Matzo Ball Soup**

- Remove items from container. Place soup and cobbler in separate microwave bowls. Heat in microwave for 1 1/2 - 2 minutes. Enjoy soup with dessert.

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

