

**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 3/16/26. Best consumed by 3/23/26.

*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 fruit. Sprinkle seasoning on egg and enjoy cold. .
- **Lunch - Asian Chopped Salad**
  - Enjoy meal cold. Add toppings to napa salad, drizzle with dressing and sprinkle with ramen and almonds.
- **Dinner - Cajun Vegetarian Etouffee**
  - Remove items from container. Heat garbanzos, sauce, rice & corn for 1 - 1 1/2 minutes. Enjoy with dessert.

*Day 2*

- **Breakfast - Strawberry Poppyseed Bread**
  - Remove items from container. Enjoy bread with homemade preserves and cold yogurt on the side
- **Lunch - Pumpkin Sweet Potato Bisque & Salad**
  - Remove items from container. Pour soup in microwavable container, heat for 1 - 1 1/2 minutes. Drizzle dressing over spinach and wheat berry salad, top with almonds and enjoy.
- **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 3*

- **Breakfast - Swiss Cheese Egg Bake**
  - Remove items from container. Microwave eggs for 1 - 1 1/2 minutes. Toast roll, if desired. Shake juice before opening.
  - If preferred, heat egg bake in air fryer for 4 minutes at 375 degrees.
- **Lunch - Falafel Bowl**
  - Remove items from container. Heat falafel and couscous for 30 - 45 seconds. Top with cucumbers and tomatoes, drizzle with sauce and enjoy with pitas on the side.
- **Dinner - BBQ Veggie Meatloaf & Cheddar Mash**
  - Remove items from container. Heat meal in microwave for 2 - 2 1/2 minutes.

**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.**

*Day 4*

- **Breakfast - Bacon & Egg Bagel Sandwich**
  - Remove items from container. Toast bagel. Microwave egg patty for 1 minute and bacon for 10 seconds. Top bagel with spread, add bacon, egg and spinach.
- **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 microwavable bowls. Heat in microwave for 1 1/2 - 2 minutes. Enjoy soup with dessert.

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

