

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 6/29/26. Best consumed by 7/6/26.

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 all 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 ½ 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 ½ minutes. Drizzle dressing over spinach and wheat berry salad, top with almonds and enjoy.
- **Dinner - Tortelloni Pomodoro**
 - Remove items from container. Heat tortellini with sauce & squash in microwave for 2 - 2 ½ minutes. Enjoy with dessert.

Day 3

- **Breakfast - Swiss Cheese Egg Bake**
 - Remove items from container. Microwave eggs for 1 - 1 ½ 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 1 - 1 ½ minutes. Top with cucumbers and tomatoes, drizzle with sauce and enjoy with pitas on the side.
 - If preferred, heat falafel in air fryer at 400 degrees for 1 - 2 minutes.
- **Dinner - BBQ Loaded Potato**
 - Remove items from container. Heat loaded potato in microwave for 1 ½ - 2 minutes. Enjoy with slaw and cookie for dessert.
 - If preferred, heat loaded potato in air fryer at 400 degrees for 5 - 6 minutes.

Day 4

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

- **Breakfast - Pretzel Gouda Sliders**
 - Remove items from container. Heat egg and cheese in microwave for 45 - 60 seconds. Toast bun and fill with the egg topped with cheese. Enjoy with fresh fruit.
 - If preferred, heat egg in air fryer at 400 degrees for 2 - 3 minutes.
- **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 Stew**
 - Remove items from container. Heat the stew in the microwave for 1 ½ - 2 minutes. Heat bread in toaster oven and enjoy tart for dessert.

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

