

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 07/02/26. Best consumed by 0709/26.**

### Day 1

- **Breakfast - Cheesy Egg Strata**
  - Remove items from container. Heat egg in microwave for 1 - 1 ½ minutes. Enjoy with fruit.
  - If preferred, heat casserole in a toaster oven for 1 ½ minutes or in an air fryer for 4-5 minutes at 375 degrees.
- **Lunch - Caesar Salad with Roasted Tomatoes**
  - Enjoy meal cold. Cut romaine lettuce into pieces. Top with tomatoes, croutons, cheese and dressing. Enjoy with dessert.
- **Dinner - Butternut Squash Ravioli**
  - Remove items from container. Heat in microwave for 1 - 2 minutes.

### Day 2

- **Breakfast - Sunrise Pizza**
  - Remove items from container. Heat pizza and potatoes in microwave for 1 ½ minutes.
  - For best results, remove pizza and potatoes and place in toaster oven or air fryer for 4-5 minutes at 375 degrees.
- **Lunch - Stir Fry Udon**
  - Remove items from container. Heat noodles and snow peas in butter in microwave for 1 ½ - 2 minutes.
- **Dinner - Portobello Fajita**
  - Remove items from container. Heat veggies, mushrooms, and rice in microwave for 1 - 1 ½ minutes. Heat tortilla for 10 seconds then top with veggies, portobellos, salsa and cheese. Enjoy with rice and bean mixture.

### Day 3

- **Breakfast - Cranberry Oat Bar**
  - Enjoy the cranberry bar cold, or warm in microwave 15 - 20 seconds.
  - If desired, heat bar in air fryer at 375 degrees for 3-4 minutes.
- **Lunch - Deviled Egg Croast**
  - Remove items from container. Enjoy meal cold. Top croast with deviled egg mixture and asparagus. Enjoy cookie dough dip with apples.
- **Dinner - Veggie Seoul Bowl**
  - Remove items from container. Heat shiitake, tofu, sesame spinach and quinoa in microwave for 1 ½ - 2 minutes. Top with radish and drizzle with kimchi dressing.

### Day 4

- **Breakfast - Breakfast Burrito**
  - Remove items from container. Heat burrito and hash in microwave for 1 - 1 ½ minutes. Top burrito with salsa.
  - If desired heat burrito in air fryer at 400 degrees for 3 - 4 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 - Chile Rellenos**
  - Remove items from container. Heat the meal in microwave for 1 ½ - 2 minutes. Top chile with cheese and enjoy.
  - If desired, heat chile in air fryer at 400 degrees for 3 -4 minutes.

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

