

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 3/19/26. Best consumed by 3/26/26.

### Day 1

- **Breakfast - Cheesy Egg Strata**

- Remove items from container. Heat egg in microwave for 1 - 1 1/2 minutes. Enjoy with fruit.
- If preferred, heat casserole in a toaster oven for 1 1/2 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 1/2 minutes.
- For best results, remove pizza and potatoes and place in toaster oven or air fryer for 4-5 minutes at 375 degrees.

- **Lunch - Mushroom Croque Monsieur**

- Remove items from container. For best results, heat croque monsieur in toaster oven 1 - 1 1/2 minutes or air fry. Heat gratin in microwave for 1- 1 1/2 minutes.

- **Dinner - Pasta Verde with Guajillo Garbanzos**

- Remove items from container. Heat sauce, pasta, garbanzo beans and zucchini in microwave for 1 1/2 - 2 minutes. Enjoy with cold salsa.

### 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 - Bonsai Tofu Bowl**

- Remove items from container. Heat tofu and rice in microwave for 1 - 1 1/2 minutes. Add to other ingredients and drizzle in sauce. Enjoy with dessert.

- **Dinner - Vegetarian Swedish Meatballs**

- Remove items from container. Heat items in microwave for 2 1/2 - 3 minutes.

### Day 4

- **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 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. Heat items in microwave for 1 1/2 - 2 minutes.

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

