

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 03/23/26. Best consumed by 03/30/26.

Day 1

- **Breakfast - Wheat Croissant with Brie**
 - Remove items from container. Toast croissant or warm for 15 - 20 seconds in microwave and serve with apples, figs, marmalade and cheese.
- **Lunch - Poppysed Sweet Potato Salad**
 - Enjoy meal cold. Top greens with sweet potatoes, drizzle with dressing and enjoy with crackers on the side.
- **Dinner - Pierogi in Mushroom & Tomato Gravy**
 - Remove items from container. Heat meal in microwave for 2 ½ - 3 minutes stirring frequently. Top pierogi with sour cream and enjoy.

Day 2

- **Breakfast - Brioche Vegetarian Breakfast Sandwich**
 - Remove items from container. Heat egg and vegetarian sausage in microwave for 30 - 60 seconds; assemble egg, sausage, and cheese on bun for breakfast sandwich. Enjoy with fruit.
- **Lunch - Broccoli Cheddar Fritter**
 - Remove items from container. Heat fritter in microwave for 1 1/2 minutes. Top with sauce. Enjoy with fruit and dessert.
- **Dinner - Capri Style Roasted Eggplant**
 - Remove items from container. Heat meal in microwave for 1 ½ - 2 minutes.

Day 3

- **Breakfast - Superfood Brioche French Toast**
 - Remove items from container. Warm french toast in microwave for 30 - 45 seconds or toast in toaster oven. Top with cream cheese and berries.
 - If preferred, warm French toast in an air fryer for 2 - 3 minutes at 375 degrees.
- **Lunch - Veggie Quesadilla & Tortilla Soup**
 - Remove items from container. Heat soup in the microwavable bowl for 1 1/2 to 2 minutes or until hot then top with the cheese and tortilla strips. Heat the quesadilla for 30 - 45 seconds and enjoy with the soup.
 - If preferred, heat quesadilla in air fryer for 3 - 4 minutes at 375 degrees.
- **Dinner - Southwestern Couscous Pilaf**
 - Remove items from container. Heat couscous pilaf in microwave for 1 - 1 1/2 minutes. Warm cornbread muffin for 30 seconds. Top couscous with salsa and cheese and enjoy with cornbread.

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 - Potato & Onion Pancakes**
 - Remove items from container. Heat pancakes in microwave for 30 - 40 seconds. Top with cream cheese and enjoy with apple-pear chutney on the side.
 - If desired, heat potato pancake in air fryer at 375 degrees for 4 - 5 minutes.
- **Lunch - Vegetarian Mediterranean Lunch Box**
 - Enjoy meal cold. Heat the protein in microwave for 1 ½ - 2 minutes. Enjoy with the rest of the meal.
- **Dinner - Butternut & Zucchini Bake**
 - Remove items from container. Heat veggie bake in microwave for 1 ½ - 2 minutes. Warm bread pudding 30 - 45 seconds. Enjoy beets cold.

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

Menus are subject to change.

