

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 07/13/26. Best consumed by 07/20/26.

Day 1

- **Breakfast - Chocolate Chia Bowl**
 - Enjoy meal cold. Top chocolate smoothie bowl with berries and nut topping.
- **Lunch - Beet & Goat Cheese Flatbread**
 - Remove items from container. Heat flatbread in microwave for 30 - 45 seconds. Toss arugula with dressing and place on flatbread to enjoy.
 - If desired, heat flatbread in air fryer at 375 degrees for 2 - 3 minutes.
- **Dinner - Chimichurri Bowl**
 - Remove items from container. Heat falafel and cauliflower in microwave for 1 - 1 ½ minutes. Arrange on top of lentil salad and finish with chimichurri sauce.

Day 2

- **Breakfast - Egg & Feta Tart**
 - Remove items from container. Microwave tart for 1 - 1 ½ minutes.
 - For best results, heat in air fryer for 3 - 4 minutes at 375°
- **Lunch - Tex Mex Black Bean Taco**
 - Remove items from container. Heat beans for 1 ½ - 2 minutes. Warm tortilla. Combine beans, cheese & slaw in tortilla.
- **Dinner - Italian Sausage Flatbread Pizza**
 - Remove items from container. Heat flatbread in microwave for 1 - 1 ½ minutes. Enjoy antipasto salad cold.
 - For best results, toast in toaster oven or heat flatbread in an air fryer at 375 degrees for 4 - 5 minutes.

Day 3

- **Breakfast - Orange Berry Waffle**
 - Remove items from container. Toast or heat waffle in microwave for 30 - 45 seconds. Top with ricotta and berries..
- **Lunch - Protein Pasta Carbonara**
 - Remove items from container. Heat sauce and pasta together in microwave for 1 ½ - 2 minutes. Enjoy salad drizzled with dressing.
- **Dinner - Spaghetti Lentil Bolognese**
 - Remove items from container. Heat meal for 1 ½ - 2 minutes, stirring pasta and sauce frequently.

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

Day 4

- **Breakfast - Carrot Banana Loaf**
 - Remove items from container. Enjoy loaf with cherry yogurt custard and marinated cherries.
- **Lunch - Loaded Potato Soup**
 - Remove items from container. Heat soup in a microwavable for 1 ½ - 2 minutes, sprinkle with cheese and vegan bacon topping. You may wish to warm pretzels for 20 - 30 seconds..
- **Dinner - Southwest Stuffed Pepper**
 - Remove items from container. Heat pepper in microwave for 1 ½ - 2 minutes. Drizzle dressing over greens, add pumpkin seeds to top.

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

Meals subject to change

