

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 11/10/25. Best consumed by 11/17/25.

Day 1

- **Breakfast - Egg & Feta Tart**

- Remove items from container. Microwave tart for 1 - 1 1/2 minutes. Enjoy with cold fruit.
- For best results, heat in air fryer for 3 - 4 minutes at 375°.

- **Lunch - Pear & Gorgonzola Salad**

- Warm roll briefly in microwave. Combine remaining ingredients for a delicious salad.

- **Dinner - Spaghetti Bolognese**

- Remove items from container. Heat pasta and sauce for 1 1/2 - 2 minutes mixing frequently. Enjoy pasta with side salad and dressing.

Day 2

- **Breakfast - Orange Berry Waffle**

- Remove items from container. Toast or heat waffle in microwave for 30 - 45 seconds. Top with ricotta and berries.

- **Lunch - Smoky Chick'n Salad Pita**

- Remove items from container. Warm pita and fill with chick'n apple salad and spinach. Enjoy bean salad cold.

- **Dinner - Vegetarian Thai Coconut Curry**

- Remove items from container. Heat coconut chickpeas and rice in microwave for 1 1/2 - 2 minutes. Enjoy with pitas and mango pudding for dessert.

Day 3

- **Breakfast - Chocolate Chia Bowl**

- Best enjoyed cold. Top chia pudding with berries and nut topping.

- **Lunch - Tex-Mex Black Bean Taco**

- Remove items from container. Heat beans for 1 1/2 - 2 minutes. Briefly warm tortilla. Combine beans, cheese and slaw in tortilla.

- **Dinner - Sundried Tomato & Italian Sausage Flatbread**

- Remove items from container. Heat pizza in microwave for 1 - 1 1/2 minutes. Top arugula with dressing and enjoy.
- For best results, toast in toaster oven or heat flatbread in an air fryer at 375 degrees for 4 - 5 minutes.

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.

Day 4

- **Breakfast - Veggie English Muffin Breakfast Sandwich**

- Remove items from container. Shake smoothie before opening. Heat vegetarian sausage, egg & cheese in the microwave for 1 - 1 1/2 minutes. Toast muffin; top with sausage, egg & cheese.

- **Lunch - Loaded Potato Soup**

- Remove items from container. Heat soup in a microwavable for 1 1/2 - 2 minutes and sprinkle with cheese and vegan bacon topping. You may wish to warm pretzel bites for 20 - 30 seconds.

- **Dinner - Peppered Lentil Salisbury Steak**

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

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

Meals subject to change

