

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 3/30/26. Best consumed by 4/6/26.

Day 1

- **Breakfast - Chocolate Chia Bowl**
 - Enjoy meal cold. Top chia pudding with berries and nut topping.
- **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 - Spaghetti Lentil Bolognese**
 - Remove items from container. Heat meal for 1 ½ - 2 minutes, stirring pasta and sauce frequently.

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 - Genoa Minestrone**
 - Remove items from container. Heat soup in microwavable bowl for 1 ½ - 2 minutes. Heat roll in toaster oven until warm, team open and spread with pesto cheese and enjoy with soup.
- **Dinner - Vegetarian Thai Coconut Curry**
 - Remove items from container. Heat coconut chickpeas and rice in microwave for 1 ½ - 2 minutes. Enjoy with pitas and mango pudding for dessert.

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 - Veggie English Muffin Breakfast Sandwich**
 - Remove items from container. Shake smoothie and open. Toast muffin Heat vegetarian sausage, egg & cheese in the microwave for 1 - 1 ½ minutes. Place on muffin.
- **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.
- **Dinner - Peppered Lentil Salisbury Steak**
 - Remove items from container. Heat the meal in the microwave for 1 ½ - 2 minutes.

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

Meals subject to change

