



**Are you not a breakfast eater but are interested in Seattle Sutton's Healthy Eating?** That's okay, you can still enjoy our delicious, healthy prepared meals without wasting breakfast entrees! Even though every meal plan includes 3 meals per day, you have the flexibility of using the meals how you please. While we do encourage everyone to eat breakfast every day, we understand that everyone has different needs and preferences. If you choose to skip breakfast or have other plans for breakfast, you can use the included breakfast meals in other ways.

**Some ideas of how to utilize your breakfast meals include:**

- Using the meal as a snack throughout the day
- You can split up the components into small snacks or enjoy it as a large snack between lunch and dinner.
- For those who purchase a partial week order, you can save the breakfast meals to consume as a lunch or dinner on the days that you are not receiving meals.
- Share your meals with a family member or friend, maybe they would love the convenience of a freshly prepared breakfast for their busy mornings.

We want our meal plans to work for you and your lifestyle because our goal is for all our customers to feel their best and make diet changes that fit into their life. After all, it is the healthy eating patterns that we can stick to overtime that are the best for our health in the long-term!



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