

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 08/07/25. Best consumed by 08/14/25.





· Breakfast - Wild Blackberry Parfait

• Enjoy meal cold. Top yogurt with blackberry coulis and granola.

Lunch - Chicken & Dumplings

• Remove items from container. Heat chicken and dumplings with peas & carrots in microwave for 1 - 1 ½ minutes. Enjoy with dessert.

Tinner - Raspberry Salmon Salad *If **No Seafood** was selected at checkout, Raspberry Chicken

Salad

Remove items from container. Heat salmon in microwave 1 1/2 -2 minutes. Arrange lettuce on plate, top with dress

Remove items from container. Heat salmon in microwave 1 1/2 -2 minutes. Arrange lettuce on plate, top with dressing, pistachio mix, and salmon. Enjoy with cookie..

Day 2

Breakfast - Egg Fonduta

- Remove items from container. Heat fonduta in microwave for 1 1/2 minutes. Toast bread.
- o If preferred, heat the fonduta in a toaster oven 1 1/2 minutes or air fryer for 4 5 minutes at 375 degrees.

• Lunch - Chili Con Carne

• Remove items from container. Heat chili in microwave for 1 - 1 1/2 minutes. Garnish with cheese and enjoy with guacamole and chips.

Dinner - Rustic Zucchini Cavatappi

Remove items from container. Mix pasta and sauce together; heat in microwave 2 - 2 1/2 minutes. Top with cheese.
 Toast roll. Enjoy with dessert.

Day 3

Breakfast - Strawberry Cheesecake French Toast

 Remove items from container. Heat French toast in microwave for 30 seconds, or toast if preferred. Top toast with gelee and cream. Heat turkey bacon for 10 seconds (2000 Plan only).

Lunch - El Pastor Bowl

 Remove items from container. Heat chicken for 1 1/2 - 2 minutes. Combine remaining ingredients and top with heated chicken.

Dinner - Chicken Enchilada Bake

- Remove items from container. Heat enchilada in microwave for 1 1/2 minutes. Enjoy corn salad cold.
- If preferred, heat enchilada in air fryer for 4-5 minutes at 375 degrees.

Day 4

Breakfast - Biscuits & Sausage Gravy

Remove items from container. Toast biscuit, if desired. Heat gravy and egg in microwave for 1 - 1 1/2 minutes. Pour
gravy over biscuit and enjoy with egg and fruit.

Lunch - Chicken Salad on Croissant

Slice and toast croissant. Assemble as chicken salad sandwich and enjoy with fresh fruit.

Dinner - Sweet & Sour Chicken

- Remove items from container. Heat in microwave for 1 1/2 2 minutes.
- o If preferred, warm chicken in air fryer for 4 minutes at 375 degrees.

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

