

**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 4/24/25. Best consumed by 5/1/25.

*Day 1*

- **Breakfast - Egg Fonduta**
  - Remove items from container. Heat fonduta in microwave for 1 1/2 minutes. Toast bread and enjoy with fruit.
  - If preferred, heat the fonduta in a toaster oven 1 1/2 minutes or air fryer for 4 - 5 minutes at 375 degrees.
- **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 - Tandoori Shrimp Bowl** *\*If No Seafood was selected at checkout, Tandoori Chicken Bowl*
  - Remove items from container. Place rice, vegetables & skewer in microwave for 1 1/2 - 2 minutes. Drizzle with sauce.

*Day 2*

- **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 1/2 minutes. Enjoy with dessert.
- **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 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 - 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 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.
  - If preferred, warm chicken in air fryer for 4 minutes at 375 degrees.

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