

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 8/14/25. Best consumed by 8/21/25.

Day 1

- **Breakfast - Berry Colada Parfait**
 - Enjoy meal cold. Top yogurt with fruit and quinoa crumble.
- **Lunch - Pear & Gorgonzola Salad**
 - Warm roll briefly in microwave. Combine remaining ingredients for a delicious salad.
- **Dinner - Cider Salmon** *If **No Seafood** was selected at checkout: **Cider Chicken**
 - Remove items from container. Heat items in microwave for 2 - 2 1/2 minutes.

Day 2

- **Breakfast - Spinach & Cheese Frittata**
 - Remove items from container. Microwave frittata & potatoes for 1 1/2 - 2 minutes. Top with cheese. Shake smoothie and enjoy.
 - If desired, heat frittata in air fryer at 375 degrees for 4 minutes.
- **Lunch - Broccoli Cheddar Soup & Salad**
 - Remove items from container. Heat soup in microwave for 2 minutes. Briefly warm roll or toast, if desired. Enjoy grain salad cold.
- **Dinner - Chicken Cacciatore**
 - Remove items from container. Heat chicken, sauce and lentils in microwave for 2 - 2 1/2 minutes. Enjoy dessert cold.

Day 3

- **Breakfast - Hashbrown Casserole**
 - Remove items from container. Heat casserole in microwave for 2 - 2 1/2 minutes. Enjoy with fruit.
 - If desired, heat casserole in air fryer at 375 degrees for 4 minutes.
- **Lunch - Spinach-Artichoke Flatbread Pizza**
 - Remove items from container. Microwave flatbread for 1 - 1 1/2 minutes. Enjoy with cold pudding and fruit.
 - For a crispier crust, heat in air fryer at 375 degrees for 4-5 minutes.
- **Dinner - Chicken Carnitas**
 - Remove items from container. Heat rice, beans and carnitas for 1 - 1 1/2 minutes and top with salsa.

Day 4

- **Breakfast - Ciabatta Egg Sandwich**
 - Remove items from container. Slice roll, assemble breakfast sandwich with cheese and egg; microwave for 45 seconds. Enjoy with fresh fruit.
- **Lunch - Lou's Bleu Burger**
 - Remove items from container. Microwave burger in microwave for 45 seconds - 1 minute. Toast bun; place spread on bun, top with burger and slaw.
 - If preferred, heat turkey burger in air fryer at 375 degrees for 4 minutes.
- **Dinner - Honey Peach BBQ Chicken**
 - Remove items from container. Heat items in microwave for 2 - 2 1/2 minutes.

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

