

**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 03/31/25. Best consumed by 04/07/25.

*Day 1*• **Breakfast - Egg & Feta Tart**

- Remove items from container. Microwave tart and sausage for 1 - 1 1/2 minutes. Enjoy with cold fruit.
- For best results, place tart in toaster oven or air fryer for 3-4 minutes at 375 degrees.

• **Lunch - Chicken Gyro Bowl**

- Remove items from container. Heat chicken and couscous for 30-45 seconds. Top with cucumbers and tomatoes, drizzle with sauce and enjoy with pitas on the side.

• **Dinner - Cajun Shrimp Etouffee** *\*If No Seafood was selected at checkout: **Cajun Chicken Etouffee***

- Remove items from container. Heat shrimp (chicken), sauce, rice & corn for 1 - 1 1/2 minutes. Enjoy with dessert.

*Day 2*• **Breakfast - Morning Protein Plate**

- Remove items from container. Pita is best toasted. Spread can be used on pita or as a dip for fruit. Sprinkle seasoning on egg and enjoy cold.

• **Lunch - Pecan-Cranberry Mixed Green Salad**

- Enjoy meal cold. Top greens with cheese, cranberries, pecans, and dressing.

• **Dinner - Tortellini Pomodoro**

- Remove items from container. Heat tortellini with sauce and squash in microwave for 2 - 2 1/2 minutes. Enjoy with dessert.

*Day 3*• **Breakfast - Haystack Breakfast**

- Remove items from container. Heat haystack and apples for 2 - 2 1/2 minutes. Enjoy haystack with apples and custard on the side.
- If preferred, heat the haystack in a toaster oven for 1 1/2 minutes or air fryer for 4 minutes at 375 degrees.

• **Lunch - Homestyle Roasted Turkey Sandwich**

- Remove items from container. Heat soup for 1 - 1 1/2 minutes. Slice and toast roll. Add turkey and cranberry sauce to bun to assemble sandwich. Enjoy with fresh fruit.

• **Dinner - BBQ Meatloaf & Cheddar Mash**

- Remove items from container. Heat meal in microwave for 2 - 2 1/2 minutes.

**Day 4 meals will be included in this package if you ordered a Monday 4-day plan.**

*Day 4*

**If you ordered a full week plan, these meals will be made fresh and arrive in your next package on Thursday.**

• **Breakfast - Bacon & Egg Bagel Sandwich**

- Remove items from container. Toast bagel. Microwave egg patty for 1 minute and bacon for 10 seconds. Top bagel with spread, add bacon, egg and arugula.

• **Lunch - Chipotle Black Bean Burger**

- Remove items from container. Warm black bean burger for 1 minute. If desired, toast bun and top with burger and avocado. Enjoy slaw on side.

• **Dinner - Chicken Matzo Ball Soup**

- Remove items from container. Heat items in microwave for 1 1/2 - 2 minutes.

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

