

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 05/15/25. Best consumed by 05/22/25.



Day 1



👉 Breakfast - Strawberry Poppyseed Breakfast Bread

- Remove items from container. Enjoy with homemade preserves and cold yogurt on the side.
- *If No Seafood was selected at checkout, Chicken Melt Lunch - Tuna Melt
 - Remove items from container. Heat melt and soup in microwave for 1 1/2 2 minutes.
 - If preferred, heat melt in an air fryer for 5 7 minutes at 375 degrees.
- Dinner Marry Me Chicken
 - Remove items from container. Heat pasta, sauce and green beans in microwave for 1 1/2 2 minutes. Enjoy with dessert.

Day 2

- Breakfast Cowboy Skillet
 - Remove items from container. Heat cowboy skillet in microwave for 1 1 ½ minutes. Enjoy with fruit.
- Lunch Gemelli Pasta Salad
 - o Enjoy meal cold. Top cheesecake with blueberries for dessert.
- Dinner Picadillo Cubano
 - Remove items from container. Heat meal in microwave for 1 1/2 2 minutes.

Day 3

Breakfast - Cheddar & Sausage Breakfast Casserole

- Remove items from container. Warm casserole for 2 2 1/2 minutes. Toast bread if desired. Use almond butter on bread. Enjoy with fruit.
- If preferred, heat casserole in a toaster oven for 1 1/2 minutes or air fryer for 4 minutes at 375 degrees.

Lunch - Acapulco Taco Pie

- Remove items from container. Heat taco pie for 2 2 1/2 minutes in microwave. Enjoy with cold pozole salad and chips with salsa.
- For best results, heat taco pie in air fryer at 375 degrees for 4 5 minutes.



Dinner - Pesto Cream Penne

• Remove items from container. Mix all ingredients together and heat meal in microwave for 1 1/2 - 2 minutes.

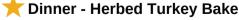
Day 4

Breakfast - Potato Pancakes with Smoked Veggie Cream Cheese

- Remove items from container. Heat pancakes in microwave for 30 40 seconds. Top with cream cheese and enjoy with pear-apple chutney on the side.
- If desired, heat potato pancake in air fryer at 375 degrees for 4 5 minutes.

Lunch - Pecan & Poppyseed Chicken Salad

• Enjoy meal cold. Top greens with chicken salad, drizzle with dressing and enjoy with crackers on the side.



• Remove items from container. Heat bake in microwave for 1 ½ - 2 minutes. Warm bread pudding for 30 - 45 seconds. Enjoy beets cold.

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

