

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.

• **Lunch - Tuna Melt** *If No Seafood was selected at checkout, **Chicken 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 1/2 minutes. Enjoy with fruit.

• **Lunch - Gemelli Pasta Salad**

- 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.

★ **Dinner - Herbed Turkey Bake**

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

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



Menus are subject to change.