

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 5/19/25. Best consumed by 5/26/25.

Day 1

- **Breakfast - 'Chorizo' & Egg Breakfast Taco**
 - Remove items from container. Briefly heat tortilla. Heat hash in microwave for 1 1/2 - 2 minutes. Heat eggs in microwave for 30 - 45 seconds. Assemble taco with egg, cheese & salsa.
- **Lunch - Tex-Mex Fish Taco *If NO Seafood was selected at checkout: Tex-Mex Chicken Taco**
 - Remove items from container. Heat fish (chicken) and beans for 1 1/2 - 2 minutes. Briefly warm tortilla. Combine fish (chicken), cheese and slaw in tortilla. Enjoy beans on the side.
 - If desired, heat fish (chicken) in air fryer at 375 degrees for 3 - 4 minutes.
- **Dinner - Sundried Tomato & Italian Sausage Flatbread**
 - Remove items from container. Heat flatbread in microwave for 1 - 1 1/2 minutes. Top arugula with dressing and enjoy.
 - For best result, heat flatbread in air fryer at 375 degrees for 3 - 4 minutes.

Day 2

- **Breakfast - Chocolate Pancake with Citrus Mascarpone**
 - Remove items from container. Warm pancake for 30 seconds or toast. Spread on mascarpone and top with berries.
 - If preferred, heat pancake in air fryer to 4 minutes at 375 degrees.
- **Lunch - Fresh Fruit and Cottage Cheese Plate**
 - Enjoy meal cold. Use cheese spread on flatbread cracker. Enjoy cottage cheese with fruit.
- **Dinner - Thai Coconut Chicken**
 - Remove items from container. Heat chicken and rice in microwave for 1 1/2 - 2 minutes. Enjoy with pitas and mango pudding for dessert.

Day 3

- **Breakfast - Blueberry Almond Torta**
 - Remove items from container. Heat sausage in microwave for 30 - 45 seconds. Torta can be eaten cold or warmed in microwave for 30 seconds. Top with blueberries and enjoy.
- **Lunch - Smoky Chicken Salad Pita**
 - Warm pita and fill with chicken-apple salad and lettuce. Enjoy bean salad cold.
- **Dinner - Spaghetti Bolognese**
 - Remove items from container. Heat pasta and sauce for 1 1/2 - 2 minutes mixing frequently. Enjoy pasta with side salad and dressing.

Day 4 meals will be included in this package if you ordered a Monday 4-day plan. If you ordered a full week plan, these meals will be made fresh and arrive in your next package on Thursday.

Day 4

- **Breakfast - Open-Faced Breakfast Sandwich**
 - Remove items from container. Shake smoothie before opening. Heat sausage, egg & cheese in microwave for 1 - 1 1/2 minutes. Toast muffin; top with sausage, egg & cheese.
- **Lunch - Loaded Potato Soup**
 - Remove items from container. Heat soup in microwavable bowl for 1 1/2 - 2 minutes and sprinkle with cheese and bacon topping. You may wish to warm pretzel bites for 20 - 30 seconds.
- **Dinner - Salisbury Steak**
 - Remove items from container. Heat the meal in microwave for 1 1/2 - 2 minutes.

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

Meals subject to change

