

For the most consistent daily calorie intake, enjoy meals in this suggested order.
Nutrition information is calculated 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 5/22/25. Best consumed by 5/29/25.

Day 1

• Breakfast - Avocado Toast

- Remove items from container. Toast bread; spread with avocado. Heat egg for 30 seconds. Top toast with egg and pickled onion. Enjoy with fruit.

• Lunch - Landry Bay Crab Cakes *If **NO Seafood** was selected at checkout: Landry Bay Zucchini Cakes

- Remove items from container. Microwave crab cake and beans for 2 - 2 1/2 minutes. Top crab cake with remoulade sauce. For best results, heat in air fryer.
- For best results, heat in air fryer for 5 - 6 minutes at 375 degrees.

• Dinner - Traditional Cottage Pie

- Remove items from container. Heat cottage pie in microwave for 1 - 2 minutes. Enjoy with chilled beet salad and dessert.

Day 2

• Breakfast - Bircher Muesli and Pears

- Enjoy muesli cold, or warm in microwave for 1 1/2 - 2 minutes. Top with pears and finish with granola.

• Lunch - Turkey Cobb Salad

- Enjoy meal cold. Slice egg and add to salad. Add all other toppings to salad, drizzle with dressing.

• Dinner - Honey Garlic Chicken Bowl

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

Day 3

• Breakfast - Chocolate Chia Bowl

- Best enjoyed cold. Top smoothie with berries and nut topping.

• Lunch - BBQ Chicken Pizza

- Remove items from container. Heat pizza in microwave for 1 - 1 1/2 minutes. Enjoy with salad and fresh fruit.
- If preferred, for crispier crust, use toaster oven or warm pizza in air fryer for 4 - 5 minutes at 375 degrees.

• Dinner - Chicken Fricassee

- Remove items from container. Heat rice, sauce, chicken and green beans in microwave for 1 1/2 - 2 minutes. Enjoy with dessert.
- If preferred, heat chicken in an air fryer for 4 - 5 minutes at 375 degrees, place over rice and top with heated sauce.

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. Sprinkle with cheese & 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!

Menu Subject To Change

