

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 5/9/24. Best consumed by 5/16/24.

 *Menu swap from a different week or a Monday/Thursday menu swap*

Day 1



Breakfast - Egg Fonduta

- Peel back corner. Remove fruit and bread. Place container in microwave for 1 1/2 minutes. Toast the bread.

Lunch - Quesadilla and Tamale Soup

- Peel back film and heat in microwave for 2 minutes. Top quesadilla with salsa.
- If preferred, heat quesadilla in a toaster oven or air fryer for 3 - 4 minutes at 375 degrees.

Dinner - Basque Seafood Stew **If No Seafood was selected at checkout, Basque Chicken Stew*

- Slit plastic and place in the microwave for 1 1/2 - 2 minutes or until hot.

Day 2

• Breakfast - Wild Blackberry Parfait

- Peel back film. Top yogurt with blackberries and granola.

• Lunch - El Pastor Bowl

- Peel back film. Heat chicken for 1 1/2 to 2 minutes (1200 Plan) or 2 - 2 1/2 minutes (2000 Plan). Combine remaining ingredients and top with heated chicken.

• Dinner - Gnocchi Alla Norma

- Peel back film. Place gnocchi and sauce on a microwavable plate and heat for 2 - 2 1/2 minutes or until hot. Sprinkle with cheese. Heat roll in the microwave for 10 - 15 seconds.

Day 3

Breakfast - Strawberry Cheesecake French Toast

- Peel back film. Place French toast on microwavable plate and heat for 30 second, or toast if preferred. Top with gelee and cream.
- Heat turkey bacon for 10 seconds (2000 Plan only).

• Lunch - Croque Monsieur

- Remove film. Remove chocolate. Heat ragout and Croque Monsieur sandwich in microwave for 1 1/2 minutes or until hot.
- If preferred, heat the Croque Monsieur in a toaster oven for 1 - 1 1/2 minutes or in an air fryer for 4 minutes at 375 degrees.

• Dinner - Chicken Enchilada Bake

- Peel back film. Place enchilada on microwavable plate and heat for 1 1/2 minutes (1200 Plan) or 2 minutes (2000 Plan). Enjoy corn salad cold.

Day 4

Breakfast - Avocado Toast

- Peel back film. Toast bread; spread with avocado. Slice egg and arrange over avocado and top with pickled onions. Enjoy with pineapple.

• Lunch - Chicken Salad on Croissant

- Peel back film. Slice and toast croissant, assemble as chicken salad sandwich and enjoy with fresh fruit.

Dinner - Moroccan Chicken Skewers

- Peel back film. Place skewers and couscous on microwavable plate, heat for 1 1/2 - 2 minutes or until the skewers are hot. Top with garbanzos and turnips; drizzle with sauce.

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





16 WAYS TO MOVE MORE



It's beautiful outside, so it's the perfect time to get outside and move more! Here are some ideas on easy ways to sneak in some more movement, and bonus they are all FREE!

- Start or end your week with a brisk walk.
- Make more of your commute by walking or biking. Park further away in the parking lot to get in extra steps.
- Use a standing desk or stability ball.
- Have a walking meeting or walk to a coworkers desk instead of calling or emailing.
- Give yourself a 5 minute activity break for every 1-2 hours of sitting.
- Take a walk during your lunch break.
- Keep your sneakers in your car or office to be prepared for unexpected free time.
- Tune into a free YouTube workout video.
- Get a dog - walk or play! No dog? Offer to walk a neighbor's dog.
- Take up gardening.
- Play actively with your kids or grandkids.
- Catch up on household chores such as cleaning windows, reorganizing closets, and tidying the basement.
- Wash your car by hand.
- Push the lawnmower instead of using power assist.
- Turn up the music and dance.
- Volunteer for community clean up.



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Feel free to ask questions, open conversations, or share your story. We encourage everyone to use this space to create meaningful connections and share ideas and experiences as you all work towards a common goal of better health!



Spread the word about Seattle Sutton's Healthy Eating to friends, family, and co-workers and earn a \$10 REWARD for each referral that makes a purchase! PLUS - Your friends get 10% off their first order!

When you scan the code below with your phone or visit the website link, you'll be able to share messages with friends and family. Share on social media like Facebook and Instagram or send them an email or even a text.



Seattle Sutton's Healthy Eating is proud to honor our US Military, with a 10% off lifetime offer for our fresh, healthy meals.

The We Salute Benefits Program (formerly Veterans Advantage) is a nationwide benefits program created to provide rewards to the members of those who have served in the United States Military including active military members, retired veterans, members of the National Guard and Reserves.

