

**For the most consistent daily calorie intake, enjoy meals in this suggested order.**  
Nutrition information is averaged with the addition of 3 servings of low-fat dairy servings. Meals Prepared for  
Pickup/Ship Date of 6/26/25. Best consumed by 7/3/25.

## 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 Zucchini Cakes**

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

- **Dinner - Honey Garlic Chickpea Bowl**

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

## Day 2

- **Breakfast - Chocolate Chia Bowl**

- Enjoy meal cold. Top smoothie with berries and nut topping.

- **Lunch - Vegetarian BBQ 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 an air fryer for 4 - 5 minutes at 375 degrees.

- **Dinner - Spring Vegetable Fricassee**

- Remove items from container. Heat rice, sauce, roasted vegetables and green beans in microwave for 1 1/2 - 2 minutes. Enjoy with dessert.

## Day 3

- **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 - Chickpea Cobb Salad**

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

- **Dinner - Traditional Cottage Pie**

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

## Day 4

- **Breakfast - Open-Faced Breakfast Sandwich**

- Peel back film. Shake smoothie before opening. Heat sausage, egg & cheese in the microwave. Toast muffin; top with sausage, egg & cheese.

- **Lunch - Loaded Potato Soup**

- Peel back film. Warm soup in a microwavable bowl for 1 1/2 minutes and sprinkle with cheese and bacon toppings. You may wish to warm pretzel bites for 20-30 seconds.

- **Dinner - Peppered Lentil Salisbury Steak**

- Slit the film and place the meal in the microwave for 1 1/2 - 2 minutes or until hot. Remove the film and enjoy.

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

Menu Subject To Change

