

**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 for the 1500 calorie plan. Meals Prepared for Pickup/Ship Date of 08/04/25. Best consumed by 08/11/25.

## Day 1

- **Breakfast - Open-Faced Asparagus & Gruyere Omelet**
  - Remove items from container. Heat omelet for 1 - 2 minutes. Toast bread and enjoy with smoothie.
  - If preferred, heat omelet in air fryer at 375 degrees for 3 - 4 minutes.
- **Lunch - Moroccan Kofta Bowl**
  - Remove items from container. Heat kofta and rice in microwave for 1 1/2 - 2 minutes. Top with garbanzos and turnips, drizzle with sauce.
- **Dinner - Mung Bean Stew**
  - Remove items from container. Heat the items in microwave for 1 1/2 - 2 minutes.

## Day 2

- **Breakfast - Chocolate Hazelnut Crepe & Strawberry Salsa**
  - Remove items from container. Warm crepe for 30 - 45 seconds in microwave. Top with strawberry salsa.
- **Lunch - Baja Tinga Wrap**
  - Remove items from container. Warm tortilla. Microwave beans and tinga for 1 1/2 - 2 minutes. Top tortilla with tinga, cabbage, cheese and sour cream. Enjoy beans separately.
- **Dinner - Parmesan-Crusted Vegetarian Chick'n**
  - Remove items from container. Heat crusted chick'n, potatoes and vegetables in microwave for 2 minutes. Pour sauce over meal.

## Day 3

- **Breakfast - Blueberry Smoothie Bowl**
  - Enjoy meal cold. Top smoothie with mango and coconut crunch.
- **Lunch - Margherita Pizza**
  - Remove items from container. Heat pizza in microwave for 45 seconds. Enjoy salad separately.
  - If preferred, toast in toaster oven or heat pizza in an air fryer for 3 - 4 minutes at 375 degrees.
- **Dinner - Nona Sutton's Lasagna**
  - Remove items from container. Heat lasagna in microwave for 1 1/2 - 2 minutes. Top salad with sunflower seeds and dressing.
  - If preferred, warm lasagna in air fryer at 375 degrees for 5-6 minutes.

## Day 4

**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.**

- **Breakfast - Biscuits & Vegetarian Gravy**
  - Remove items from container. Toast biscuit, if desired. Heat gravy and egg in microwave for 1 - 1 1/2 minutes. Pour gravy over biscuit and enjoy with egg and fruit.
- **Lunch - Egg Salad on Croissant**
  - Slice and toast croissant. Assemble as egg salad sandwich and enjoy with fresh fruit.
- **Dinner - Sweet & Sour Tofu**
  - Remove items from container. Heat items in microwave for 1 1/2 - 2 minutes.
  - If preferred, warm tofu in air fryer to 4 minutes at 375 degrees.

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

