

**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. Meal prepared for Pickup/Ship Date of 5/1/25. Best consumed by 5/8/25.

*Day 1***• Breakfast - Spinach & Cheese Frittata**

- Remove items from container. Heat frittata and potatoes in microwave for 1 1/2 - 2 minutes. Top with goat cheese. Shake smoothie and enjoy.
- If desired, heat frittata in air fryer at 375 degrees for 4 minutes.

**• Lunch - Pear & Gorgonzola Salad**

- Warm roll briefly in microwave. Combine remaining ingredients for a delicious salad.

**• Dinner - Greek Chickpea-Feta Fritter**

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

*Day 2***• Breakfast - Berry Colada Parfait**

- Enjoy meal cold. Top yogurt with fruit and quinoa crumble.

**• Lunch - Spinach-Artichoke Flatbread Pizza**

- Remove items from container. Heat flatbread in microwave for 1 - 1 1/2. Enjoy with cold pudding and fruit.
- If a crispier crust, heat in air fryer at 375 degrees for 4-5 minutes.

**• Dinner - Chick'n Carnitas**

- Remove items from container. Heat rice, beans and carnitas for 1 - 1 1/2 minutes and top with salsa.

*Day 3***• Breakfast - Hashbrown Casserole**

- Remove items from container. Heat casserole in microwave for 2 - 2 1/2 minutes. Enjoy with fruit.
- If desired, heat casserole in air fryer at 375 degrees for 4 minutes.

**• Lunch - Broccoli Cheddar Soup & Salad**

- Remove items from container. Heat soup in microwave for 2 minutes. Briefly warm roll or toast, if desired. Enjoy grain salad cold.

**• Dinner - Eggplant Parmesan**

- Remove items from container. Heat meal in microwave for 2 - 2 1/2 minutes and top with cheese.

*Day 4***• Breakfast - Ciabatta Egg Sandwich**

- Remove items from container. Slice roll, assemble breakfast sandwich with cheese and egg; microwave for 45 seconds. Enjoy with fresh fruit.

**• Lunch - Lou's Bleu Veggie Burger**

- Remove items from container. Warm burger in microwave for 45 seconds - 1 minute. Toast bun; place spread on bun, top with burger and slaw. Enjoy with fresh fruit.
- If preferred, heat veggie burger in air fryer at 375 degrees for 4 minutes.

**• Dinner - Homestyle Macaroni & Cheese**

- Remove items from containers. Heat items in microwave for 2 - 2 1/2 minutes.

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