

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 03/31/25. Best consumed by 04/07/25.

Day 1

- **Breakfast - Haystack Breakfast**
 - Remove items from container. Heat haystack and apples for 2 - 2 1/2 minutes. Enjoy haystack with apples and custard on the side.
 - If preferred, heat the haystack in a toaster oven for 1 1/2 minutes or in an air fryer for 4 minutes at 375 degrees.
- **Lunch - Falafel Bowl**
 - Remove items from container. Heat falafel and couscous in microwave for 1 - 1 1/2 minutes. Top with cucumber and tomatoes, drizzle with sauce and enjoy with pitas on the side.
- **Dinner - Tortellini Pomodoro**
 - Remove items from container. Heat tortellini with sauce and squash in microwave for 2 - 2 1/2 minutes. Enjoy with dessert.

Day 2

- **Breakfast - Egg & Feta Tart**
 - Remove items from container. Microwave tart and vegetarian sausage for 1 - 1 1/2 minutes. Enjoy with cold fruit.
 - If preferred, toast tart in toaster oven or air fryer for 3-4 minutes at 375 degrees.
- **Lunch - Pumpkin-Sweet Potato Bisque & Wheatberry Salad**
 - Remove items from container. Heat soup for 1 - 1 1/2 minutes. Drizzle dressing over spinach and wheatberry salad, top with almonds and enjoy.
- **Dinner - BBQ Meatloaf & Cheddar Mash**
 - Remove items from container. Heat meal in microwave for 2 - 2 1/2 minutes.

Day 3

- **Breakfast - Morning Protein Plate**
 - Remove items from container. Pita is best toasted. Spread can be used on pita or as a dip for the fruit. Sprinkle seasoning on egg and enjoy cold.
- **Lunch - Pecan-Cranberry Mixed Green Salad**
 - Enjoy meal cold. Top greens with cheese, cranberries, pecans, and dressing.
- **Dinner - Cajun Etouffee**
 - Remove items from container. Heat garbanzo etouffee, rice & corn for 1 - 1 1/2 minutes. Enjoy with dessert.

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 - Bagel Breakfast Sandwich**
 - Remove items from container. Toast the bagel. Microwave egg patty for 1 minute and vegetarian bacon for 10 seconds. Top bagel with spread, add vegetarian bacon, egg and arugula.
- **Lunch - Chipotle Black Bean Burger**
 - Remove items from container. Warm black bean burger for 1 minute. If desired, toast bun and top with burger and avocado. Enjoy slaw on side.
- **Dinner - Lentil Matzo Ball Soup**
 - Remove items from container. Heat items in microwave for 1 1/2 - 2 minutes.

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

