

For the most consistent daily calorie intake, enjoy meals in this suggested order.

Nutrition information is averaged with the addition 3 servings of low fat dairy for the 1500 calorie plan. Meals prepared for Pickup/Ship date 05/12/25. Best consumed by 05/19/25.

Day 1



- **Breakfast - Swiss Cheese Egg Bake**

- Remove items from container. Warm eggs for 1 - 1 1/2 minutes. Toast bread if desired. Shake juice before enjoying.
- If preferred, heat the egg bake in a toaster oven for 1 1/2 minutes or in an air fryer for 4-5 minutes at 375 degrees.

- **Lunch - Mediterranean Lunch Box**

- Remove items from container. Heat the protein in microwave for 1 1/2 - 2 minutes. Enjoy with the rest of the meal.

- **Dinner - Southwestern Couscous Pilaf**

- Remove items from container. Heat couscous pilaf in microwave for 1 1/2 - 2 minutes. Warm cornbread muffin for 30 seconds. Top couscous with salsa and cheese and enjoy with cornbread.

Day 2

- **Breakfast - Wheat Croissant with Brie**

- Remove items from container. Toast croissant or warm for 15 - 20 seconds in microwave and serve with apples, fruit & nuts, marmalade and cheese.

- ★ **Lunch - Loaded Quesadilla & Tortilla Soup**

- Remove items from container. Heat soup in the microwave for 1 1/2 to 2 minutes or until hot then top with the cheese and tortilla strips. Heat the quesadilla for 30 to 45 seconds and enjoy with the soup.
- If preferred, heat quesadilla in air fryer for 3 - 4 minutes at 375 degrees.

- ★ **Dinner - Capri-Style Roasted Eggplant**

- Remove items from container. Heat eggplant and quinoa salad in microwave for 1 1/2 - 2 minutes. Top greens with dressing.

Day 3

- **Breakfast - Superfood Brioche French Toast**

- Remove items from container. Warm french toast in microwave for 30 - 45 seconds or toast in toaster oven. Top with cream cheese and berries.
- If preferred, warm French toast in an air fryer for 2 - 3 minutes at 375 degrees.

- **Lunch - Broccoli Cheddar Fritter**

- Remove items from container. Heat fritter in microwave for 1 1/2 minutes. Top with sauce. Enjoy with fruit and dessert.

- **Dinner - Pierogi in Mushroom & Tomato Gravy**

- Remove items from container. Heat meal in microwave for 2 1/2 - 3 minutes stirring frequently. Top pierogi with sour cream and enjoy.

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 - Potato Pancakes with Smoked Veggie Cream Cheese**

- Remove items from container. Heat pancakes in microwave for 30 - 40 seconds. Top with cream cheese and enjoy with pear-apple chutney on the side.
- If desired, heat potato pancake in air fryer at 375 degrees for 4 - 5 minutes.

- **Lunch - Poppyseed Sweet Potato Salad**

- Enjoy meal cold. Top greens with sweet potatoes, drizzle with dressing and enjoy with crackers on the side.

- ★ **Dinner - Butternut & Zucchini Bake**

- Remove items from container. Heat bake in microwave for 1 1/2 - 2 minutes. Warm bread pudding 30-45 seconds. Enjoy beets cold.

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

Menus are subject to change.

