

Nov 3rd individual meal plan for 1

\$50 for 5 individual entrees (minimum)(with microwaveable, ready to bake, air fryer + cold ready to eat entrees) key: **freezer safe** = ❄️ **cold ready to eat** = 🥗 **microwaveable safe pan** = 🍳 **ready to bake oven pan** = 🔥 **air fry** = 🍷 ****there is an option skip chicken or meat to change to make it vegetarian, please be sure to select the box. comment to ask if we can make gf.**

cold “ready to eat” options: great for lunch or a less heavy dinner! 🥗

- 🥗 mini salad trio (chicken salad, pasta salad, potato salad) + bag of kettle chips
- 🥗 mini veg salad trio (veggie side, pasta salad, potato salad) + bag of kettle chips
- 🥗 harvest salad, blue cheese, candied almonds (veg + gf) with side of traditional chicken salad (nuts)(gf)
- 🥗 chopped southwest salad w/chipotle ranch (veg) + cup of chipotle chicken and corn chowder (veg + gf)
- 🥗 arugula salad w/shaved parm candied walnuts & apples w/lemon vinaigrette (veg gf) + side tuscan white bean & kale soup (v and gf)
- 🥗 chopped italian salad (v) w/cup of creamy tomato basil soup (veg and gf)
- 🥗 petite southwest chickpea wrap w/black bean & corn + cucumber tomato & cilantro pesto (v)
- 🥗 jumbo roll- turkey, apple havarti w/raspberry mustard + side of lemon orzo (v)
- 🥗 whole petite traditional chicken salad wrap w/ pasta + veggie side
- 🥗 2 mini sliders ham & cheddar on pretzel w/potato side + veggie side of the day (sides:veg)
- 🥗 something sweet lemon cranberry muffin, peanut butter chocolate chip granola bar + fruit cup (veg)

microwaveable options: 🍳 ❄️

- 🍳 ❄️ lemon chicken orzo w/arugula tomatoes & goat cheese + side of brussels sprouts, bacon, caramelized onion and parm (side gf)
- 🍳 ❄️ chili + salad of the week (bowl of chili + side salad) (gf)
- 🍳 ❄️ 2 buffalo chicken melties w/ cup of chipotle chicken & corn chowder
- 🍳 ❄️ creamy butternut squash, kale and leek pasta(veg) + side garden salad (v+gf)
- 🍳 ❄️ mini frittata- kale, bacon + brie w/ fruit + yogurt cup (gf)

air fry options: 🍷 ❄️

- 🍷 ❄️ breakfast sammie w/egg, ham and cheese on michaels english muffin + fruit cup (fruit: v+gf)
- 🍷 ❄️ pimento cheese sammie (veg) with cup of creamy tomato basil soup (soup: veg + gf)
- 🍷 ❄️ flatbread w/italian sausage, peppers, pepperoni mozzarella + side garden salad (side: veg + gf)
- 🍷 ❄️ broccoli, cheddar + chive stuffed potato (veg +gf) + cup of tuscan kale & white bean soup (v+ gf)
- 🍷 ❄️ chicken chorizo burrito + side black bean and corn (salad-v)

“ready to bake or warm” options: 🔥 ❄️

- 🔥 ❄️ sweet potato black bean + enchilada pie (veg) + cup chicken corn chowder (gf)
- 🔥 ❄️ ground turkey & spinach baked spaghetti w/side kale caesar salad
- 🔥 ❄️ individual quiche w/kale, leek and parmesan cheese (veg)
- 🔥 ❄️ jumbo stuffed bbq pulled pork sweet potato (gf) w/side black bean & corn (v + gf)
- 🔥 ❄️ baked cheese ravioli w/spinach and creamy marinara (veg) w/ side kale caesar salad (gf)
- 🔥 ❄️ philly cheese steak quesadilla w/ side of pasta salad
- 🔥 ❄️ asian bbq meatballs & broccoli over rice (gf)

Nov 10th , 2025

individual meal plan for 1

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cold “ready to eat” options: great for lunch or a less heavy dinner!

-  kale entree salad w/roasted squash, dried figs & cherries pickled red onions and maple roasted pepitas w/maple balsamic dressing (veg and gf)
-  chicken caesar salad w/everything croutons w/cup of roasted butternut squash bisque (soup: veg+gf)
-  mini trio (chicken salad, pasta salad + veggie side) with bag of kettle chips
-  2 lettuce cups: curried chicken salad w/ broccoli, apple, walnut & dill potato salad (gf)
-  whole petite wrap curried chicken salad with pasta of the day & broccoli apple walnut
-  vegetarian bento box trio: pasta salad, harvest salad (blue cheese + NUTS) chickpea salad (veg)
-  mediterranean quinoa + spinach salad (veg) w/side of curried chicken salad (chicken: gf)
-  whole petite wrap-turkey w/garden cream cheese + broccoli, apple+ walnut + homestyle pasta (sides:veg)
-  2 mini ham & cheddar croissants w/ pasta side + potato salad (potato: veg + gf)
-  jumbo italian deli sammie w/ cup of tomato soup of the week(soup: veg + gf)
-  sweet treats-raspberry beignets, banana chocolate chip breakfast loaf oreo brownies (veg)

microwaveable options:

-   chicken picatta over egg noodles + side harvest salad (NUTS) (salad veg + gf)
-   sweet & sour meatballs w/pineapple & bell peppers over basmati rice (gf)
-   chicken cacciatore over garlic cheese mashed potatoes + green beans w/roasted tomatoes (gf)
-   breakfast burrito w/spinach roasted peppers & feta (veg) + side of fruit (fruit: v + gf)
-   beef & bean chili (gf) w/side of jalapeno cheddar cornbread

air fry options:

-   smoked brisket mac & cheese + side of kale caesar salad
-   chicken pot pie stuffed potatoes w/garlic cream cheese potato topping + side garden salad (gf)
-   bratwurst potatoes and roasted peppers w/side of sauerkraut slaw (gf)
-   chicken & chorizo + cheese quesadilla w/side black bean & corn salad (side:v)
-   jumbo basil pesto chicken & mozzarella sammie  with pasta side
-   lentil bolognese spaghetti w/parmesan (veg + gf) + side garden salad (v + gf)

“ready to bake or warm” options:

-   eggplant parmesan spaghetti squash casserole (veg + gf) + side kale caesar (gf)
-   broccoli + cheddar mac & cheese (veg) + cup of butternut squash bisque (veg + gf)
-   fritatta w/spaghetti squash, roasted peppers, thyme and parmesan + fruit yogurt cup (veg + gf)
-   baked ravioli w/spinach, roasted veggies in creamy tomato sauce w/mozzarella (veg)
-   baked ziti w/ground turkey & spinach + herbed focaccia bread w/basil pesto & roasted tomato spread on the side
-   flatbread w/southwest blackened chicken, roasted tomatoes, cheddar & poblano peppers
-   individual arugula, tomato and goat cheese quiche (veg)

Nov 17, 2025 - individual meal plan for 1

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- 🥗 entree spinach salad w/bacon, oranges, pickled onions+ tangy french dressing (gf) + cup potato+leek soup (veg + gf)
- 🥗 southwest romaine wedge salad w/chipotle lime ranch (veg+gf) + cup sweet potato, corn + bacon chowder (gf)
- 🥗 mini trio:italian pasta salad, kale & cabbage slaw and broccoli, apple+ walnut + cup potato leek soup (veg + gf)
- 🥗 bento trio w/harvest salad (nuts)(veg + gf), italian pasta salad (v), traditional chicken salad (gf)
- 🥗 lettuce cups: waldorf chicken salad (nuts) w/ veggie + potato side (gf)
- 🥗 whole petite waldorf chicken salad (nuts) with pasta + potato side
- 🥗 jumbo sammie– traditional chicken salad on jumbo croissant + pasta salad
- 🥗 2 mini turkey sliders w/pesto mayo and provolone + veggie + chickpea side
- 🥗 2 mini egg salad sliders w/baby greens w/ pasta side + potato salad (sides- veg)
- 🥗 mini trio with chicken salad, potato salad + arugula + white bean salad (gf) + bag of chips
- 🥗 something sweet -chocolate muffin, chocolate butterfinger cookies mini zucchini carrot loaf (veg)

microwaveable options: 🍳 ❄️

- 🍳 ❄️ 16 oz sweet potato bacon corn chowder (gf) w/side herbed focaccia (veg)
- 🍳 ❄️ soup + salad of the week (bowl of soup + side salad) (veg)
- 🍳 ❄️ 2 mini breakfast sliders bacon, egg + cheese with fruit + yogurt cup (fruit-veg + gf)
- 🍳 ❄️ mushroom stroganoff over egg noodles (veg) + side harvest salad (veg + gf)
- 🍳 ❄️ chicken, spinach, parmesan + artichoke pasta + side herbed focaccia (veg)

air fry options: 🍷 ❄️

- 🍷 ❄️ ancho chili braised pork stuffed sweet potato (gf) + side baked beans (veg + gf)
- 🍷 ❄️ buffalo chicken stuffed zucchini w/side garden salad w/balsamic dressing (gf)
- 🍷 ❄️ breakfast burrito w/potato + cheddar + side of fruit (fruit- v + gf)
- 🍷 ❄️ reuben bake + side kale & cabbage slaw
- 🍷 ❄️ roasted veggie, spinach + green chile quesadillas + side southwest salad (veg)

“ready to bake or warm” options: 🔥 ❄️

- 🔥 ❄️ flatbread w/bbq chicken and cheddar + cup potato leek soup
- 🔥 ❄️ spaghetti squash w/meat sauce and mozzarella + caesar kale salad (salad-gf)
- 🔥 ❄️ baked tortellini alfredo w/spinach & roasted tomatoes + side garden salad (veg)
- 🔥 ❄️ strata w/leeks, kale & parmesan + cup of fruit (veg)
- 🔥 ❄️ pulled pork and baked bean taco bake w/cornbread topping + garden slaw (side-veg)
- 🔥 ❄️ individual quiche w/ arugula, mushroom + goat cheese (veg)
- 🔥 ❄️ italian turkey & spinach stuffed peppers (gf) + herbed focaccia (veg)

Nov 24th- MONDAY ONLY -individual meal plan for 1

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cold “ready to eat” options: great for lunch or a less heavy dinner! 🥗

- 🥗 entree harvest salad (nuts) w/pomegranate poppyseed dressing (veg + gf) w/cup curried sweet potato + apple soup (v+gf)
- 🥗 entree garden salad w/balsamic dressing(veg + gf) + side traditional chicken salad (gf)
- 🥗 chicken kale caesar salad (gf) w/cup of tomato soup of the week (veg + gf)
- 🥗 bento trio–harvest salad (blue cheese + nuts), pasta + potato (veg + gf)
- 🥗 2 lettuce cups:curried chicken salad (gf) w/ veggie + potato side (sides:veg +gf)
- 🥗 whole petite autumn chicken salad wrap with pasta + potato side(sides:veg)
- 🥗 entree chefs salad (contains deli meat and egg) w/ranch dressing + bag kettle chips
- 🥗 mediterranean quinoa & feta salad on baby greens with side of hummus + pita (veg)
- 🥗 whole petite wrap mediterranean chickpea + veggie side + pasta salad (veg)
- 🥗 2 mini sliders ham & cheddar w/orange mustard w/ pasta side + potato salad (sides:veg)
- 🥗 jumbo autumn chicken salad on croissant + side potato salad (side:veg)
- 🥗 something sweet(ginger snap carrot & apple cookie, mini pumpkin apple loaf, pecan crunch brownie (veg)

microwaveable options: 🍳 ❄️

- 🍳 ❄️ 16 oz turkey butternut squash chili (gf)+ jalapeno cheddar cornbread (veg)
- 🍳 ❄️ soup + salad of the week (bowl of soup + side salad) (veg +gf)
- 🍳 ❄️ individual frittata (arugula, goat cheese + tomato) (veg + gf)with fruit cup (fruit- veg + gf)
- 🍳 ❄️ chicken & andouille jambalaya + jalapeno cornbread (gf)
- 🍳 ❄️ italian veggie tortellini stew w/side garden salad (salad:veg +gf)

air fry options: 🍷 ❄️

- 🍷 ❄️ southwest chicken enchilada stuffed pepper(gf) + southwest sweet potato & black bean salad (v + gf)
- 🍷 ❄️ stuffed portobello mushroom w/quinoa roasted tomatoes kale & parmesan + cup tomato soup (veg + gf)
- 🍷 ❄️ turkey taco bake w/cornbread topping + side black bean & corn (side:v + gf)
- 🍷 ❄️ english muffin egg ham & cheddar sammie + mini cheddar hashbrown casserole (side:veg)
- 🍷 ❄️ flatbread w/italian sausage, peppers onions & mozzarella + side garden salad (side:v & gf)

“ready to bake or warm” options: 🔥 ❄️

- 🔥 ❄️ baked ziti w/italian sausage spinach & mozzarella cheese + side kale caesar salad
- 🔥 ❄️ beef shepherds pie w/mashed potato topping (gf) + side harvest salad (bluecheese + nuts)veg + gf
- 🔥 ❄️ spaghetti squash frittata w/basil pesto, roasted tomatoes & parmesan cheese + cup tomato soup (veg)
- 🔥 ❄️ spinach & ricotta baked spaghetti + side garden salad (veg)
- 🔥 ❄️ individual chicken pot pie
- 🔥 ❄️ individual quiche–sweet potato, sausage + kale