

OCT 6TH -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 = 🍷

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)
- 🍲 mediterranean tortellini pasta salad (veg) with cup of creamy tomato basil soup (veg + gf)
- 🍲 brussels sprout salad w/apples,dried cranberries, blue cheese sunflower seeds w/dijon vinaigrette (veg gf)+ soup of the day (veg)
- 🍲 entree tabouleh salad (v) w/cup of creamy roasted carrot & coriander soup(v & gf) contains coconut milk
- 🍲 petite mediterranean chickpea wrap w/mediterranean tortellini and tabbouleh salad (veg)
- 🍲 jumbo roll- turkey, apple havarti w/raspberry mustard + side of homestyle pasta salad
- 🍲 whole petite traditional chicken salad wrap w/ pasta + potato side
- 🍲 2 mini sliders egg salad w/potato side +side of the day (sides:veg)
- 🍲 something sweet blueberry muffin, peanut butter chocolate chip granola bar + fruit cup) (veg)

microwaveable options: 🍲 ❄️

- 🍲 ❄️ chicken cacciatori and side of garlic mashed potatoes (gf)
- 🍲 ❄️ chili + salad of the week (bowl of chili + side salad) (gf)
- 🍲 ❄️ 2 Philly cheesesteak melties w/ italian pasta + bag of kettle chips
- 🍲 ❄️ 2 frittata square with kale leek and parmesan w/ potato salad of the week (veg + gf)
- 🍲 ❄️ 2 frittata squares- with bacon, potato and cheddar with fruit + yogurt cup (gf)

air fry options: 🍷 ❄️

- 🍷 ❄️ breakfast sammie w/egg, ham and cheese on michael's english muffin + fruit cup (fruit: v+gf)
- 🍷 ❄️ 2-Philly cheesesteak with onions + peppers mini melties with cup of tomato soup (soup: veg + gf)
- 🍷 ❄️ flatbread w/chicken roasted tomatoes, spinach & mozzarella
- 🍷 ❄️ chicken enchilada stuffed zucchini w/ side of mexican street corn and cotija cheese (gf)
- 🍷 ❄️ turkish ground turkey & rice stuffed peppers (gf) w/side of tabouleh salad (salad-v)

“ready to bake or warm” options: 🔥 ❄️

- 🔥 ❄️ baked ziti w/italian sausage roasted veggies & marinara w/mozzarella + garden salad (veg)
- 🔥 ❄️ broccoli and cheddar and alfredo mac & cheese w/side garden salad
- 🔥 ❄️ individual tomato pie w/kale and parmesan cheese
- 🔥 ❄️ jumbo stuffed bbq pulled pork sweet potato w/side homestyle pasta (gf)
- 🔥 ❄️ baked cheese ravioli w/spinach and creamy marinara (veg) w/ side kale caesar salad (gf)
- 🔥 ❄️ chicken spinach and green chili and cheese quesadilla w/ side of mexican street corn w/cotija cheese
- 🔥 ❄️ baked spaghetti and meat sauce w/parmesan cheese w/garlic pesto bread

Oct 13th, 2025 -individual meal plan for 1

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

- 🍲 harvest salad w/blue cheese + side of traditional chicken salad (gf) (NUTS)
- 🍲 tarragon chicken apple & wild rice bowl w/vinaigrette (gf) w/side of chickpea salad (veg & gf)
- 🍲 mini trio (chicken salad, pasta salad + veggie side) with bag of kettle chips
- 🍲 2 lettuce cups: southwest chicken salad w/ black bean & corn + cilantro slaw (gf)
- 🍲 whole petite wrap southwest chicken salad with black bean & corn + cilantro slaw
- 🍲 bento box trio: broccoli apple walnut, homestyle pasta and dill potato salad w/ bag chips (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 (veg)
- 🍲 2 mini ham & cheddar croissants w/ pasta side + potato salad (potato: veg + gf)
- 🍲 jumbo italian deli sammie w/ cup of roasted red pepper + tomato soup (soup: v + gf)
- 🍲 breakfast treats-carrot & apple oatmeal breakfast cookie + mini mocha beignets + fruit (veg)

microwaveable options: 🍲 ❄️

- 🍲 ❄️ 2 bbq chicken & cheddar melties w/side of bacon brown sugar baked beans + bbq kettle chips
- 🍲 ❄️ corn chowder + salad of the week (bowl of soup + side salad) (veg) (salad: veg + gf)
- 🍲 ❄️ asian bbq meatballs over rice (gf) w/side of roasted broccoli & peppers in citrus ginger sauce (v + gf)
- 🍲 ❄️ breakfast burrito w/chorizo tomatoes green chilies & cheddar side of fruit (fruit: v + gf)
- 🍲 ❄️ tuscan creamy roasted veggie pasta + roasted tomato parmesan scone (veg)

air fry options: 🍷 ❄️

- 🍷 ❄️ buffalo chicken stuffed peppers + side of chickpea & kale caesar (gf)
- 🍷 ❄️ chicken bacon broccoli cheddar jumbo stuffed baked potato + side garden salad (gf)
- 🍷 ❄️ flatbread w/arugula tomato goat cheese w/cup of roasted red pepper tomato soup (soup: v+ gf)
- 🍷 ❄️ southwest chicken + cheese quesadilla w/side black bean & corn salad (v)
- 🍷 ❄️ black bean & chorizo stuffed jumbo sweet potato (gf) + cheddar jalapeno biscuit (veg gf)

“ready to bake or warm” options: 🔥 ❄️

- 🔥 ❄️ smothered beef and bean burrito + side of black bean and corn salad (v + gf)
- 🔥 ❄️ lentil bolognese over spaghetti squash (v + gf) + side garden salad (v + gf)
- 🔥 ❄️ fritatta w/italian sausage roasted pepper spinach & feta (gf) + arugula white bean salad (veg + gf)
- 🔥 ❄️ beef and roasted poblano taco bake w/cheddar cornbread topping
- 🔥 ❄️ beef shepherds pie w/kale grape & apple salad (gf)
- 🔥 ❄️ baked tortellini + spinach + roasted veggies w/side garden salad (veg)
- 🔥 ❄️ individual bacon kale brie quiche

Oct 20, 2025 - individual meal plan for 1

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

- 🍽️ entree arugula salad w/pears goat cheese candied walnuts cranberries & dried apricots w/pomegranate dressing with side of traditional chicken salad (gf)
- 🍽️ kale caesar w/parmesan sundried tomatoes & rosemary croutons + cup roasted red pepper tomato soup (v + gf)
- 🍽️ chopped italian salad w/balsamic vinaigrette + cup tuscan kale & white bean soup (v & gf)
- 🍽️ bento trio w/harvest salad (nuts), broccoli pasta salad, dijon herb red potato salad (veg)
- 🍽️ lettuce cups: autumn sage + apple chicken salad w/ veggie + potato side (gf)
- 🍽️ whole petite autumn sage + apple chicken salad with pasta + potato side
- 🍽️ jumbo sammie—chicken spinach artichoke & provolone + pasta salad
- 🍽️ greek veggie quinoa bowl w/side of roasted red pepper hummus + crostini (veg)
- 🍽️ 2 mini roast beef sliders w/arugula + horseradish mayo 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, pumpkin apple breakfast cookie +2 mini raspberry beignet (veg)

microwaveable options: 📺 ❄️

- 📺 ❄️ 16 oz italian wedding soup w/side garden salad (veg)
- 📺 ❄️ soup + salad of the week (bowl of soup + side salad) (veg)
- 📺 ❄️ 2 mini breakfast sliders ham, egg + cheese with fruit + yogurt parfait (fruit-veg + gf)
- 📺 ❄️ stuffed portobello mushrooms w/sausage & wild rice (v) + cup tomato soup (veg + gf)
- 📺 ❄️ spaghetti squash frittata w/roasted zucchini tomatoes & parmesan (veg + gf) + fruit cup (v + gf)

air fry options: 🍳 ❄️

- 🍳 ❄️ stuffed sweet potato w/spinach & quinoa & feta (veg + gf) + moroccan chickpea soup (v + gf)
- 🍳 ❄️ italian beef stuffed zucchini w/side garden salad w/balsamic dressing (gf)
- 🍳 ❄️ breakfast burrito w/ham + cheddar + side of fruit (fruit- v + gf)
- 🍳 ❄️ mac & pimento cheese & bacon w/cornflake topping + kale grape & apple salad
- 🍳 ❄️ philly cheesesteak peppers & onions quesadillas + side pasta salad

“ready to bake or warm” options: 🔥 ❄️

- 🔥 ❄️ rigatoni with spinach, peppers + onions in spicy tomato basil sauce + side garden salad (veg)
- 🔥 ❄️ beef+ butternut squash enchilada pie w/cup black bean sweet potato chili (gf)
- 🔥 ❄️ baked tortellini alfredo w/spinach & roasted tomatoes + side kale caesar
- 🔥 ❄️ strata w/bacon, caramelized onion and cheddar + cup of fruit
- 🔥 ❄️ basil pesto roasted tomato & parmesan spaghetti squash casserole (veg + gf) + side arugula salad w/lemon vinaigrette and candied walnuts (v & gf)
- 🔥 ❄️ individual quiche w/ spinach, sausage mushroom + parmesan
- 🔥 ❄️ chicken picatta over orzo pasta