

## individual meal plan for the week of april 7th-

\$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 = 🍷

*\*if you want a vegetarian version please make a note in other or comment section*

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

- kale w/apples, walnuts, shaved parmesan w/lemon vinaigrette (veg and gf)+ side chicken salad 🍽️
- berry salad -greens,berries, goat cheese + candied almonds w/pom dressing w/ side chicken salad (gf) 🍽️
- harvest salad w/nuts,apples,dried cranberries + blue cheese(veg + gf) w/ side chicken salad (gf) 🍽️
- chilled asian veggie noodle bowl with peanut ginger dressing (veg) 🍽️
- chilled asian chicken and veggie noodle bowl with peanut ginger dressing 🍽️
- 2 mini sliders, turkey, cheese basil pesto mayo w/ pasta side + potato salad 🍽️
- curried chicken salad wrap (whole petite chicken wrap with baby greens) w/pasta + veggie side 🍽️
- smashed chickpea salad whole petite wrap w/ baby greens w/veggie side + pasta side (veg) 🍽️
- blackened chicken salad w/avocado lime ranch dressing (veg) 🍽️
- caprese noodle bowl with chicken 🍽️

### microwaveable options: 📺 ❄️

- blackened chicken, rice, mexican corn + cotija cheese 📺 ❄️
- soup + salad of the week (bowl of soup + side salad) [soup-- 📺 ❄️ ]
- chili of the week (speciality cornbread) 📺 ❄️
- tortellini primavera w/parmesan cream sauce 📺 ❄️
- black bean and rice burrito (veg) 📺 ❄️
- chorizo black bean and rice burritos 📺 ❄️

### air fry options: 🍷 ❄️

- buffalo chicken stuffed zucchini boats 🍷 ❄️
- michael's english muffin breakfast sammies--egg, ham + cheddar 🍷 ❄️ + fruit cup
- ham + cheese mini pretzel melties 🍷 ❄️ with bowl of tomato soup (veg) 📺
- mexican chicken + peppers cheesy quesadilla 🍷 ❄️
- italian deli ciabatta sammie 🍷 with pasta side

### “ready to bake or warm” options: 🔥 ❄️

- tortellini primavera (veg) 🔥 ❄️
- chicken sausage tortellini primavera 🔥 ❄️
- chicken parmesan spaghetti squash casserole (gf) 🔥
- spinach + feta pie (veg) 🔥 ❄️
- croissant bake- chorizo, tomato green chile + cheddar 🔥 ❄️
- baked ziti w/spinach + roasted tomatoes and mozzarella (veg) 🔥 ❄️
- gluten free- baked pasta w/spinach + roasted tomatoes and mozzarella (veg) 🔥 ❄️

## individual meal plan for the week of april 14th-

\$50 for 5 individual entrees (minimum)(with microwaveable, ready to bake, air fryer + cold ready to eat entrees)

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

- arugula w/saved beets, oranges & goat cheese w/pomegranate dressing w/ chicken salad (gf) 🍽️
- berry salad-greens,berries, goat cheese & candied almonds w/pom dressing w/chicken salad (gf) 🍽️
- chopped italian salad (v & gf) 🍽️
- chilled caprese noodle bowl w/basil pesto, roasted tomatoes and fresh mozzarella (veg) 🍽️
- chilled chicken caprese noodle bowl w/basil pesto, roasted tomatoes and fresh mozzarella (veg) 🍽️
- 2 mini sliders, roast beef w/arugula & horseradish mayo w/ pasta side + potato salad 🍽️
- avocado lime chicken salad wrap(whole petite chicken wrap w/greens) w/pasta + veggie side 🍽️
- smashed mediterranean chickpea(whole petite wrap w/greens)w/veggie side + pasta side (veg) 🍽️
- antipasto salad w/balsamic dressing (veg & gf) 🍽️
- antipasto salad w/cured meats + balsamic dressing (gf) 🍽️

### microwaveable options: 🍳❄️

- curried cauliflower sweet potato and chickpea over rice (v and gf—contains coconut milk) 🍳
- soup + salad of the week (bowl of soup + side salad) [soup-- 🍳❄️]
- chili of the week (speciality cornbread) 🍳❄️
- southwest pulled pork tacos 🍳❄️ w/salsa side or slaw
- meat bolognese pasta 🍳❄️
- roasted veggie couscous bowl(veg) 🍳❄️

### air fry options: 🍷❄️

- chicken florentine stuffed peppers (gf) 🍷❄️
- michael’s english muffin breakfast sammies--egg, ham & cheddar + fruit cup 🍷❄️
- buffalo chicken mini melties 🍷❄️ with bowl of tomato soup (veg) soup= 🍳
- chicken spinach & artichoke sammie 🍷❄️ with bowl of soup= 🍳
- chicken fajita quesadillas with southwest 3 bean salad side 🍷

### “ready to bake or warm” options: 🔥❄️

- spinach & roasted tomato gnocchi w/basil pesto cream sauce (veg) 🔥❄️
- italian sausage spinach & roasted tomato gnocchi w/basil pesto cream sauce 🔥❄️
- baked pasta w/chicken spinach and sausage in parmesan cream sauce 🔥
- chicken florentine stuffed pepper (gf) 🔥❄️
- strata w/ham broccoli & cheddar 🔥❄️
- chicken enchiladas 🔥❄️
- gf chicken enchiladas 🔥❄️

## individual meal plan for the week of april 21st

\$50 for 5 individual entrees (minimum)(with microwaveable, ready to bake, air fryer + cold ready to eat entrees)

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**please message us for vegetarian versions!**

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

- arugula salad berries, goat cheese & candied almonds w/pom dressing w/ side chicken salad (gf) 🍽️
- southwest chopped salad w/cumin lime dressing (v & gf)w/ side southwest chicken salad (gf) 🍽️
- chilled mediterranean tortellini and kale salad (veg) 🍽️
- chilled mediterranean tortellini chicken and kale salad 🍽️
- 2 mini sliders-italian deli w/spicy pepper mayo w/ pasta side + potato salad 🍽️
- avocado lime chicken salad wrap (whole petite chicken wrap w/ greens) w/pasta + veggie side 🍽️
- southwest smashed chickpea whole petite wrap w/ baby greens w/veggie side + pasta side (veg) 🍽️
- kale and wheat berry salad bowl (veg & gf) 🍽️
- kale chicken caesar salad (gf) 🍽️

### microwaveable options: 📺 ❄️

- arugula tomato goat cheese quiche (veg) 📺
- soup + salad of the week (bowl of soup + side salad) [soup-- 📺 ❄️]
- chili of the week (speciality cornbread) 📺 ❄️
- bbq pork stuffed sweet potatoes (gf) 📺 ❄️
- chicken broccoli cheddar mac and cheese 📺 ❄️
- pesto tortellini with roasted tomatoes + parmesan 📺 ❄️

### air fry options: 🍷 ❄️

- southwest chicken stuffed peppers (gf) 🍷 ❄️
- michael's english muffin breakfast sammies--egg, bacon pimento cheese + fruit cup 🍷 ❄️
- bbq pulled pork & cheddar mini melties 🍷 ❄️ with bowl of tomato soup (veg) soup= 📺
- ham, tomato & muenster w/bacon jam sammie 🍷 ❄️ with bowl of soup= 📺
- chicken and mexican street corn cheesy quesadilla 🍷 ❄️

### “ready to bake or warm” options: 🔥 ❄️

- roasted veggie spinach & green chili enchiladas (veg) 🔥 ❄️
- gluten free roasted veggie spinach & green chili enchiladas (veg and gf) 🔥 ❄️
- penne w/sausage, spinach and tomato parmesan cream 🔥
- southwest chicken stuffed pepper (gf) 🔥 ❄️
- meat lasagna 🔥 ❄️
- chicken, broccoli & cheddar spaghetti squash casserole 🔥 ❄️
- buffalo chicken mac and cheese 🔥 ❄️

## individual meal plan for the week of april 28th

\$50 for 5 individual entrees (minimum)(with microwaveable, ready to bake, air fryer + cold ready to eat entrees)

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

- baby green salad berries, goat cheese & candied almonds w/pom dressing 🍽️ w/chicken salad (gf) 🍽️
- southwest salad w/black beans corn & chipotle lime ranch 🍽️ w/ side southwest chicken salad (gf) 🍽️
- chilled italian tortellini and arugula salad (veg) 🍽️
- chef salad w/green goddess dressing (gf) 🍽️
- 2 mini sliders, chicken salad w/ pasta side + potato salad 🍽️
- gf salad trio w/ traditional chicken salad, potato salad & veggie side 🍽️
- vegetarian salad trio w/ mediterranean chickpea, cucumber tomato + pasta side (veg) 🍽️
- thai veggie entree salad w/ginger peanut dressing (v & gf) 🍽️
- thai chicken and veggie entree salad w/ginger peanut dressing (gf) 🍽️

### microwaveable options: 📺 ❄️

- southwest roasted veggie pasta w/cilantro cream sauce (veg) 📺
- southwest chicken + roasted veggie pasta w/cilantro cream sauce 📺
- soup + salad of the week (bowl of soup + side salad) [soup-- 📺 ❄️]
- chili of the week (speciality cornbread) 📺 ❄️
- spinach and ricotta stuffed manicotti (veg) 📺 ❄️
- breakfast burritos w/chorizo tomatoes, green chiles and cheddar 📺 ❄️
- italian sausage + spinach stuffed manicotti 📺 ❄️

### air fry options: 🍷 ❄️

- stuffed portobello mushroom w/spinach, quinoa and roasted tomatoes (veg + gf) 🍷 ❄️
- michael's english muffin breakfast sammies--egg, bacon, pimento cheese 🍷 ❄️ + fruit cup
- sloppy joe + provolone mini melties 🍷 ❄️ with bowl of tomato soup (veg) 📺 ❄️
- italian ciabatta sammie 🍷 ❄️ with side of pasta salad and veggie side
- **philly steak quesadilla** 🍷 ❄️

### “ready to bake or warm” options: 🔥 ❄️

- turkey + butternut squash enchilada pie (gf) 🔥 ❄️
- roasted veggie lasagna (veg) 🔥 ❄️
- gluten free- roasted veggie lasagna (veg and gf) 🔥 ❄️
- chicken florentine stuffed pepper (gf) 🔥 ❄️
- meat lasagna 🔥 ❄️
- chicken enchiladas 🔥 ❄️
- smoked gouda mac and cheese 🔥 ❄️