



Three Cheese Asiago–Demi Loaf

simply bake and eat

Three Cheese Asiago Demi-Loaf Instructions

- Refrigerate until ready to use.
- Preheat oven to 400 degrees. Remove **bread** from packaging. Place bread directly on oven rack in hot oven and bake until heated through, 10-12 minutes.
- Carefully remove from oven. Bon appétit!

COOK WITHIN
3
DAYS

NUTRITION per serving

Calories: 141, Carbohydrates: 23g, Sugar: 1g, Added Sugar: 0g, Fiber: 2g, Protein: 6g, Sodium: 317mg, Fat: 2g, Saturated Fat: 1g, Trans Fat: 0g, Cholesterol: 5mg, Potassium: 30mg, Calcium: 57mg, Iron: 3mg, Vitamin D: 0mcg



Chicken Fajita Burrito

with seasoned rice and pepper jack cheese filling

Burrito Instructions

- Refrigerate until use.
- *If using microwave:* Unwrap **burrito** and use wrapper to loosely re-wrap. Place on microwave-safe plate. Microwave, 45 seconds. Carefully remove from microwave and flip burrito. Microwave again until heated through, 45-60 seconds. Carefully remove from microwave and rest, 1 minute. Bon appétit!
- *If using oven:* Move oven rack to middle position. Preheat oven to 350 degrees. Remove wrapper. Place burrito on baking sheet. Bake uncovered on center rack of hot oven until heated through, 30-35 minutes. Carefully remove from oven. Rest, 1 minute. Bon appétit!

COOK WITHIN
3
DAYS

NUTRITION per serving

Calories: 490, Carbohydrates: 64g, Sugar: 7g, Added Sugar: 1g, Fiber: 6g, Protein: 22g, Sodium: 1020mg, Fat: 14g, Saturated Fat: 3g, Trans Fat: 0g, Cholesterol: 40mg, Potassium: 530mg, Calcium: 250mg, Iron: 5mg, Vitamin D: 0mcg



Chocolate Chip Cheesecake

2 mini cheesecakes with chocolate cookie crust

Cheesecake Instructions

- Refrigerate or freeze until use. *If frozen, thaw in refrigerator, 4-6 hours.*
- Once thawed, remove from packaging. Bon appétit!

COOK WITHIN
3
DAYS

NUTRITION per serving

Calories: 289, Carbohydrates: 25g, Sugar: 20g, Added Sugar: 18g, Fiber: 1g, Protein: 5g, Sodium: 277mg, Fat: 19g, Saturated Fat: 11g, Trans Fat: 1g, Cholesterol: 90mg, Potassium: 104mg, Calcium: 47mg, Iron: 1mg, Vitamin D: 0mcg



Spinach & Artichoke Pizza

appetizer-style flatbread

Pizza Instructions

- Refrigerate until use. *If frozen, thaw in refrigerator.*
- Move oven rack to middle position. Preheat oven to 375 degrees. Remove **pizza** from refrigerator and remove plastic.
- Place pizza directly on middle rack in hot oven and bake until heated through, 18-20 minutes.
- Carefully remove from oven. Rest, 3 minutes. Bon appétit!

COOK WITHIN
3
DAYS

NUTRITION per serving

Calories: 333, Carbohydrates: 45g, Sugar: 6g, Added Sugar: 1g, Fiber: 3g, Protein: 13g, Sodium: 663mg, Fat: 11g, Saturated Fat: 5g, Trans Fat: 0g, Cholesterol: 27mg, Potassium: 183mg, Calcium: 197mg, Iron: 3mg, Vitamin D: 0mcg

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review meal labels for updated information.

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Chocolate Lava Cake

with molten chocolate center



Lava Cake Instructions

- Keep refrigerated or frozen until ready to use.
- Remove cake from refrigerator or freezer and remove outer plastic wrap.
- **If heating from frozen:**
 - *If using microwave:* Keep **lava cake** in original container and microwave until center is warm, 45-60 seconds. Carefully remove from microwave. Rest in container, 1 minute. Bon appétit!
 - *If using oven:* Preheat oven to 350 degrees. Keep **lava cake** in original container. Place directly on rack in hot oven and bake until center is warm, 10-15 minutes. Carefully remove from oven. Rest in container, 1 minute. Bon appétit!
- **If heating from thawed:**
 - *If using microwave:* Keep **lava cake** in original container and microwave until center is warm, 30-45 seconds. Carefully remove from microwave. Rest in container, 1 minute. Bon appétit!
 - *If using oven:* Preheat oven to 350 degrees. Keep **lava cake** in original container. Place directly on rack in hot oven and bake until center is warm, 8-10 minutes. Carefully remove from oven. Rest in container, 1 minute. Bon appétit!

NUTRITION per serving

Calories: 351, Carbohydrates: 39g, Sugar: 27g, Added Sugar: 21g, Fiber: 2g, Protein: 4g, Sodium: 210mg, Fat: 22g, Saturated Fat: 8g, Trans Fat: 0g, Cholesterol: 35mg, Potassium: 151mg, Calcium: 27mg, Iron: 2mg, Vitamin D: 0mcg

Sausage & Buttermilk Biscuits

2 mini breakfast sliders



Sausage Biscuit Instructions

- Refrigerate or freeze until use. Packaging and sandwiches will be hot after cooking, use caution!
- **If frozen:**
 - *If using microwave:* Keep **sandwiches** in packaging; do not puncture. Place sandwiches on a microwave-safe plate and microwave, 45 seconds. *Don't worry if packaging pops.* Rest, 1 minute, then remove from microwave and remove packaging. Bon appétit!
 - *If using oven:* Thaw sandwiches in refrigerator. Preheat oven to 350 degrees. Remove sandwiches from packaging and wrap each sandwich in foil. Place on a baking sheet and bake in hot oven, 16-18 minutes. Carefully remove from oven and unwrap. Bon appétit!
- **If thawed:**
 - *If using microwave:* Keep sandwiches in packaging; do not puncture. Place sandwiches on a microwave-safe plate and microwave, 30 seconds. Rest, 1 minute, then remove from microwave and remove packaging. Bon appétit!
 - *If using oven:* Use same instructions as frozen. Bon appétit!

NUTRITION per serving

Calories: 280, Carbohydrates: 20g, Sugar: 2g, Added Sugar: 0g, Fiber: 0g, Protein: 4g, Sodium: 810mg, Fat: 19g, Saturated Fat: 8g, Trans Fat: 0g, Cholesterol: 30mg, Potassium: 67mg, Calcium: 21mg, Iron: 2mg, Vitamin D: 0mcg

