



Three Cheese Asiago-Demi Loaf

simply bake and eat

Three Cheese Asiago Demi-Loaf Instructions

- Refrigerate until 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



Banana Bread Slice

with walnut topping

Banana Bread Instructions

- Refrigerate until use. *If frozen, thaw in refrigerator.*
- Unwrap **bread** from packaging. Bon appétit!

COOK WITHIN
3
DAYS

NUTRITION per serving

Calories: 370, Carbohydrates: 47g, Sugar: 26g, Added Sugar: 21g, Fiber: 2g, Protein: 5g, Sodium: 260mg, Fat: 18g, Saturated Fat: 3g, Trans Fat: 0g, Cholesterol: 50mg, Potassium: 240mg, Calcium: 20mg, Iron: 2mg, Vitamin D: 0mcg



Avocado Ranch Salad

with avocado ranch dressing

Salad Instructions

- *Refrigerate until use.*
- Remove all **salad** ingredients from packaging and gently stir or toss with **dressing** to combine. Bon appétit!

COOK WITHIN
3
DAYS

NUTRITION per serving

Calories: 168, Carbohydrates: 10g, Sugar: 4g, Added Sugar: 1g, Fiber: 3g, Protein: 4g, Sodium: 266mg, Fat: 13g, Saturated Fat: 2g, Trans Fat: 0g, Cholesterol: 15mg, Potassium: 271mg, Calcium: 101mg, Iron: 1mg, Vitamin D: 0mcg



Lemon Cake Slice

with rich lemon icing

Lemon Cake Instructions

- Refrigerate until use. *If frozen, thaw in refrigerator.*
- Unwrap **cake** from packaging. Bon appétit!

COOK WITHIN
3
DAYS

NUTRITION per serving

Calories: 440, Carbohydrates: 58g, Sugar: 40g, Added Sugar: 39g, Fiber: 1g, Protein: 5g, Sodium: 310mg, Fat: 21g, Saturated Fat: 6g, Trans Fat: 0g, Cholesterol: 90mg, Potassium: 70mg, Calcium: 40mg, Iron: 1mg, 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:* Follow 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

Avocado Ranch Salad & Chicken

with 2 ready-to-cook chicken breasts



Salad Instructions

- Refrigerate until use.
- Remove all **salad** ingredients from packaging and gently stir or toss with **dressing** to combine. Bon appétit!

Chicken Instructions

- Pat **chicken** dry. We recommend seasoning both sides with $\frac{1}{4}$ tsp. **salt** and a pinch of **pepper**.
- Use a large non-stick pan with 2 tsp. **olive oil** over medium heat and cook to a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- *For grilling, follow same instructions, heating grill to medium heat and spraying with cooking spray.*

NUTRITION per serving

Calories: 444, Carbohydrates: 16g, Sugar: 6g, Added Sugar: 1g, Fiber: 4g, Protein: 41g, Sodium: 865mg, Fat: 23g, Saturated Fat: 5g, Trans Fat: 0g, Cholesterol: 136mg, Potassium: 923mg, Calcium: 160mg, Iron: 2mg, Vitamin D: 0mcg