

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

## Blueberry Butter Cake

WITH JUICY MICHIGAN BLUEBERRIES



COOK WITHIN  
**3**  
DAYS

### NUTRITION per serving

Cal: 446	Cholest: 96mg
Carb: 69g	Potas: 34mg
Fiber: 1g	Calcium: 36mg
Sugar: 48g	Iron: 0mg
Added Sugar: 45g	Vit D: 0mcg
Protein: 4g	
Sodium: 242mg	
Fat: 17g	
Sat Fat: 10g	
Trans Fat: 0g	

### 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 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 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 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 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!

## Chocolate Chip Cheesecake

WITH CHOCOLATE COOKIE CRUST



COOK WITHIN  
**3**  
DAYS

### NUTRITION per serving

Cal: 289	Cholest: 90mg
Carb: 25g	Potas: 104mg
Fiber: 1g	Calcium: 47mg
Sugar: 20g	Iron: 1mg
Added Sugar: 18g	Vit D: 0mcg
Protein: 5g	
Sodium: 277mg	
Fat: 19g	
Sat Fat: 11g	
Trans Fat: 1g	

### Cheesecake Instructions

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

## Sourdough-Demi Loaf

SIMPLY BAKE AND EAT



COOK WITHIN  
**3**  
DAYS

### NUTRITION per serving

Cal: 144	Cholest: 0mg
Carb: 28g	Potas: 45mg
Fiber: 1g	Calcium: 9mg
Sugar: 0g	Iron: 1mg
Added Sugar: 0g	Vit D: 0mcg
Protein: 6g	
Sodium: 378mg	
Fat: 1g	
Sat Fat: 0g	
Trans Fat: 0g	

### Sourdough 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!

## Sausage, Egg & Cheese Sliders

2 MINI BREAKFAST SLIDERS



COOK WITHIN  
**3**  
DAYS

### NUTRITION per serving

Cal: 567	Cholest: 157mg
Carb: 41g	Potas: 288mg
Fiber: 2g	Calcium: 140mg
Sugar: 7g	Iron: 3mg
Added Sugar: 6g	Vit D: 1mcg
Protein: 18g	
Sodium: 987mg	
Fat: 37g	
Sat Fat: 13g	
Trans Fat: 0g	

### Sandwich Instructions

- Refrigerate or freeze until use.
- **If frozen:** Thaw **sandwich**. Open one end of packaging, leaving sandwich inside packaging. Place on microwave-safe plate and microwave until warmed through, 45-50 seconds. Carefully remove from packaging. Bon appétit!
- **If thawed:** Open one end of packaging, leaving sandwich inside packaging. Place on microwave-safe plate and microwave until warmed through, 30-40 seconds. Carefully remove from packaging. Bon appétit!

## Cinnamon Bread Slice

WITH SMOOTH CINNAMON ICING



COOK WITHIN  
**3**  
DAYS

### NUTRITION per serving

Cal: 391	Cholest: 60mg
Carb: 54g	Potas: 66mg
Fiber: 1g	Calcium: 45mg
Sugar: 35g	Iron: 2mg
Added Sugar: 34g	Vit D: 0mcg
Protein: 4g	
Sodium: 268mg	
Fat: 18g	
Sat Fat: 4g	
Trans Fat: 0g	

### Cinnamon Bread Slice Instructions

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

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## Belgian Waffles

2 WAFFLES WITH SWEET PEARL SUGAR



COOK WITHIN  
**3**  
DAYS

### NUTRITION per serving

Cal: 458	Cholest: 21mg
Carb: 55g	Potas: 215mg
Fiber: 1g	Calcium: 29mg
Sugar: 26g	Iron: 2mg
Added Sugar: 25g	Vit D: 0mcg
Protein: 5g	
Sodium: 417mg	
Fat: 23g	
Sat Fat: 10g	
Trans Fat: 1g	

### Waffle Instructions

- Refrigerate until use. *If frozen, thaw in refrigerator, 60 minutes.*
- *If serving cold:* Unwrap **waffles** from packaging. Bon appétit!
- *If using microwave:* Unwrap **waffles** from packaging. Place waffles on microwave-safe plate and microwave until warmed through, 45 seconds. Remove from microwave. Bon appétit!
- *If using oven:* Preheat oven to 300 degrees. Unwrap **waffles** from packaging. Place waffles on a baking sheet and bake uncovered in hot oven until warmed through, 90 seconds. Remove from oven. Bon appétit!

## Pesto Chicken Pizza

APPETIZER-STYLE FLATBREAD



COOK WITHIN  
**3**  
DAYS

### NUTRITION per serving

Cal: 370	Cholest: 23mg
Carb: 44g	Potas: 203mg
Fiber: 2g	Calcium: 170mg
Sugar: 2g	Iron: 3mg
Added Sugar: 1g	Vit D: 0mcg
Protein: 17g	
Sodium: 693mg	
Fat: 14g	
Sat Fat: 4g	
Trans Fat: 0g	

### 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, 16-18 minutes.
- Carefully remove from oven. Rest, 3 minutes. Bon appétit!

## Spinach & Artichoke Pizza

APPETIZER-STYLE FLATBREAD



COOK WITHIN  
**3**  
DAYS

### NUTRITION per serving

Cal: 333	Cholest: 27mg
Carb: 45g	Potas: 183mg
Fiber: 3g	Calcium: 197mg
Sugar: 6g	Iron: 3mg
Added Sugar: 1g	Vit D: 0mcg
Protein: 13g	
Sodium: 663mg	
Fat: 11g	
Sat Fat: 5g	
Trans Fat: 0g	

### 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!

## Tangerine Crunch Chopped Salad

WITH TOASTED QUINOA AND TANGERINE VINAIGRETTE



COOK WITHIN  
**3**  
DAYS

### NUTRITION per serving

Cal: 100	Cholest: 0mg
Carb: 18g	Potas: 260mg
Fiber: 3g	Calcium: 47mg
Sugar: 12g	Iron: 1mg
Added Sugar: 8g	Vit D: 0mcg
Protein: 2g	
Sodium: 87mg	
Fat: 2g	
Sat Fat: 0g	
Trans Fat: 0g	

### Salad Instructions

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

## Tangerine Crunch Chopped Salad & Chicken

WITH 2 READY-TO-COOK CHICKEN BREASTS



COOK WITHIN  
**3**  
DAYS

### NUTRITION per serving

Cal: 340	Cholest: 113mg
Carb: 28g	Potas: 907mg
Fiber: 4g	Calcium: 80mg
Sugar: 17g	Iron: 2mg
Added Sugar: 12g	Vit D: 0mcg
Protein: 38g	
Sodium: 596mg	
Fat: 7g	
Sat Fat: 1g	
Trans Fat: 0g	

### Chicken Instructions

- Pat **chicken** dry. We recommend seasoning both sides with ¼ 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.*

### Salad Instructions

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