

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

Apple Pie Crisp

WITH BROWN BUTTER STREUSEL TOPPING



COOK WITHIN
3
DAYS

NUTRITION per serving

Cal: 290	Cholest: 25mg
Carb: 56g	Potas: 100mg
Fiber: 1g	Calcium: 10mg
Sugar: 38g	Iron: 0mg
Added Sugar: 31g	Vit D: 0mcg
Protein: 3g	
Sodium: 70mg	
Fat: 10g	
Sat Fat: 6g	
Trans Fat: 0g	

Apple Pie Crisp Instructions

- Refrigerate or freeze until ready to use.
- Remove **apple pie crisp** from refrigerator or freezer and remove outer plastic wrap.
- **If heating from frozen:**
 - If using microwave: Keep apple pie crisp 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 apple pie crisp 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 apple pie crisp 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 apple pie crisp 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!

Salted Caramel Truffle Cheesecake

WITH CHOCOLATE COOKIE CRUST



COOK WITHIN
3
DAYS

NUTRITION per serving

Cal: 330	Cholest: 95mg
Carb: 30g	Potas: 120mg
Fiber: 0g	Calcium: 60mg
Sugar: 24g	Iron: 0.8mg
Added Sugar: 23g	Vit D: 0.2mcg
Protein: 5g	
Sodium: 350mg	
Fat: 21g	
Sat Fat: 13g	
Trans Fat: 1g	

Cheesecake Instructions

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

Three Cheese Asiago-Demi Loaf

SIMPLY BAKE AND EAT



COOK WITHIN
3
DAYS

NUTRITION per serving

Cal: 140	Cholest: 5mg
Carb: 23g	Potas: 30mg
Fiber: 2g	Calcium: 60mg
Sugar: 0g	Iron: 2.6mg
Added Sugar: 0g	Vit D: 0mcg
Protein: 6g	
Sodium: 320mg	
Fat: 2½g	
Sat Fat: 1g	
Trans Fat: 0g	

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!

Breakfast Skillet with Sausage Crunch Rolls

WITH HASHBROWN AND RED PEPPER FILLING



COOK WITHIN
3
DAYS

NUTRITION per serving

Cal: 240	Cholest: 110mg
Carb: 27g	Potas: 150mg
Fiber: 0g	Calcium: 70mg
Sugar: 2g	Iron: 1.4mg
Added Sugar: 0g	Vit D: 0.7mcg
Protein: 9g	
Sodium: 520mg	
Fat: 9g	
Sat Fat: 3½g	
Trans Fat: 0g	

Crunch Roll Instructions

- Preheat oven to 400 degrees. Remove **rolls** from packaging. Prepare a baking sheet with foil and **cooking spray**. Place rolls on prepared baking sheet. Bake in hot oven until heated through, 18-20 minutes.
- Carefully remove from oven. Let rest, 1 minute. Bon appétit!

Belgian Waffles

2 WAFFLES WITH SWEET PEARL SUGAR



COOK WITHIN
3
DAYS

NUTRITION per serving

Cal: 460	Cholest: 20mg
Carb: 55g	Potas: 220mg
Fiber: 1g	Calcium: 30mg
Sugar: 26g	Iron: 1.8mg
Added Sugar: 25g	Vit D: 0.1mcg
Protein: 5g	
Sodium: 420mg	
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!

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Pineapple Upside Down Cake

WITH CARAMELIZED PINEAPPLE TOPPING



NUTRITION per serving

Cal: 390	Cholest: 75mg
Carb: 50g	Potas: 70mg
Fiber: 0g	Calcium: 20mg
Sugar: 34g	Iron: 1.1mg
Added Sugar: 14g	Vit D: 0mcg
Protein: 3g	
Sodium: 260mg	
Fat: 20g	
Sat Fat: 8g	
Trans Fat: 0g	

COOK WITHIN
3
DAYS

Cake Instructions

- Refrigerate or freeze 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!

Pesto Chicken Pizza

APPETIZER-STYLE FLATBREAD



NUTRITION per serving

Cal: 370	Cholest: 25mg
Carb: 44g	Potas: 200mg
Fiber: 2g	Calcium: 170mg
Sugar: 2g	Iron: 3.3mg
Added Sugar: 0g	Vit D: 0.1mcg
Protein: 17g	
Sodium: 690mg	
Fat: 14g	
Sat Fat: 4g	
Trans Fat: 0g	

COOK WITHIN
3
DAYS

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!

Mac & Cheese Crunch Rolls

WITH CREAMY FOUR CHEESE MAC & CHEESE FILLING



NUTRITION per serving

Cal: 210	Cholest: 15mg
Carb: 32g	Potas: 160mg
Fiber: 0g	Calcium: 70mg
Sugar: 2g	Iron: 1½mg
Added Sugar: 2g	Vit D: 0.7mcg
Protein: 7g	
Sodium: 330mg	
Fat: 6g	
Sat Fat: 3g	
Trans Fat: 0g	

COOK WITHIN
3
DAYS

Crunch Roll Instructions

- Freeze until use.
- Preheat oven to 400 degrees. Remove **rolls** from packaging. Prepare a baking sheet with foil and **cooking spray**. Place rolls on prepared baking sheet. Bake in hot oven until heated through, 18-20 minutes.
- Carefully remove from oven. Let rest, 1 minute.
- Bon appétit!

Everything Chopped Salad

WITH EVERYTHING SEASONED RANCH DRESSING



NUTRITION per serving

Cal: 180	Cholest: 10mg
Carb: 13g	Potas: 220mg
Fiber: 2g	Calcium: 50mg
Sugar: 3g	Iron: 1.1mg
Added Sugar: 0g	Vit D: 0mcg
Protein: 3g	
Sodium: 330mg	
Fat: 13g	
Sat Fat: 2g	
Trans Fat: 0g	

COOK WITHIN
3
DAYS

Salad Instructions

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

Everything Chopped Salad & Chicken

WITH 2 READY-TO-COOK CHICKEN BREASTS



NUTRITION per serving

Cal: 460	Cholest: 125mg
Carb: 21g	Potas: 850mg
Fiber: 3g	Calcium: 80mg
Sugar: 4g	Iron: 2.2mg
Added Sugar: 1g	Vit D: 0.1mcg
Protein: 40g	
Sodium: 970mg	
Fat: 23g	
Sat Fat: 4g	
Trans Fat: 0g	

COOK WITHIN
3
DAYS

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. Once cool enough to handle, slice chicken into 1/2" slices, if desired, and top salad with chicken. Bon appétit!