

\*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: 450	Cholest: 95mg
Carb: 69g	Potas: 30mg
Fiber: 1g	Calcium: 40mg
Sugar: 48g	Iron: 0mg
Added Sugar: 45g	Vit D: 0mcg
Protein: 4g	
Sodium: 240mg	
Fat: 17g	
Sat Fat: 10g	
Trans Fat: 0g	

#### 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!

### Chocolate Chip Cheesecake

WITH CHOCOLATE COOKIE CRUST



COOK WITHIN  
**3**  
DAYS

#### NUTRITION per serving

Cal: 290	Cholest: 90mg
Carb: 25g	Potas: 100mg
Fiber: 0g	Calcium: 50mg
Sugar: 20g	Iron: 0.8mg
Added Sugar: 18g	Vit D: 0.2mcg
Protein: 5g	
Sodium: 280mg	
Fat: 19g	
Sat Fat: 11g	
Trans Fat: 1g	

#### Cheesecake Instructions

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

### Garlic Bread

SIMPLY BAKE AND EAT



COOK WITHIN  
**3**  
DAYS

#### NUTRITION per serving

Cal: 110	Cholest: 10mg
Carb: 15g	Potas: 30mg
Fiber: 0g	Calcium: 0mg
Sugar: 0g	Iron: 0.2mg
Added Sugar: 0g	Vit D: 0mcg
Protein: 3g	
Sodium: 200mg	
Fat: 4g	
Sat Fat: 2½g	
Trans Fat: 0g	

#### Garlic Bread Instructions

- Freeze until use.
- Preheat oven to 400 degrees. Remove **bread** from packaging.
- Place bread on a baking sheet and bake in hot oven until golden brown, 12-15 minutes.
- *If defrosted, reduce cooking time and check for doneness sooner.*
- Carefully remove from oven. Bon appétit!

### Cinnamon Bread Slice

WITH SMOOTH CINNAMON ICING



COOK WITHIN  
**3**  
DAYS

#### NUTRITION per serving

Cal: 390	Cholest: 60mg
Carb: 54g	Potas: 70mg
Fiber: 1g	Calcium: 40mg
Sugar: 35g	Iron: 1.7mg
Added Sugar: 34g	Vit D: 0.1mcg
Protein: 4g	
Sodium: 270mg	
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!

### Sausage & Buttermilk Biscuits

2 MINI BREAKFAST SLIDERS



COOK WITHIN  
**3**  
DAYS

#### NUTRITION per serving

Cal: 280	Cholest: 30mg
Carb: 20g	Potas: 70mg
Fiber: 0g	Calcium: 20mg
Sugar: 2g	Iron: 2mg
Added Sugar: 0g	Vit D: 0mcg
Protein: 4g	
Sodium: 810mg	
Fat: 19g	
Sat Fat: 8g	
Trans Fat: 0g	

#### 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.

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## Goopy Butter Cake

WITH CRACKLY SUGAR CRUST



COOK WITHIN  
**3**  
DAYS

### NUTRITION per serving

Cal: 440	Cholest: 95mg
Carb: 65g	Potas: 20mg
Fiber: 0g	Calcium: 30mg
Sugar: 46g	Iron: 0mg
Added Sugar: 45g	Vit D: 0mcg
Protein: 4g	
Sodium: 240mg	
Fat: 18g	
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:* Turn oven on to 350 degrees. Let preheat, at least 10 minutes. 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:* Turn oven on to 350 degrees. Let preheat, at least 10 minutes. 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!

## Margherita Pizza

APPETIZER-STYLE FLATBREAD



COOK WITHIN  
**3**  
DAYS

### NUTRITION per serving

Cal: 350	Cholest: 10mg
Carb: 48g	Potas: 240mg
Fiber: 2g	Calcium: 190mg
Sugar: 4g	Iron: 3.3mg
Added Sugar: 0g	Vit D: 0.1mcg
Protein: 15g	
Sodium: 680mg	
Fat: 11g	
Sat Fat: 4½g	
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, 15-18 minutes.
- Carefully remove from oven. Rest, 3 minutes. Bon appétit!

## Buffalo-Style Chicken Crunch Rolls

WITH THREE-CHEESE BLEND AND HOT SAUCE



COOK WITHIN  
**3**  
DAYS

### NUTRITION per serving

Cal: 130	Cholest: 10mg
Carb: 17g	Potas: 60mg
Fiber: 0g	Calcium: 80mg
Sugar: 0g	Iron: 1.2mg
Added Sugar: 0g	Vit D: 0mcg
Protein: 8g	
Sodium: 360mg	
Fat: 3½g	
Sat Fat: 2g	
Trans Fat: 0g	

### Crunch Roll Instructions

- Freeze until use.
- Preheat oven to 400 degrees. Remove **rolls** from packaging. Prepare a baking sheet with foil. 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!

## Asian-Style Chopped Salad

WITH ASIAN-STYLE SESAME DRESSING



COOK WITHIN  
**3**  
DAYS

### NUTRITION per serving

Cal: 200	Cholest: 0mg
Carb: 18g	Potas: 250mg
Fiber: 3g	Calcium: 50mg
Sugar: 7g	Iron: 0.9mg
Added Sugar: 4g	Vit D: 0mcg
Protein: 4g	
Sodium: 440mg	
Fat: 14g	
Sat Fat: 1½g	
Trans Fat: 0g	

### Salad Instructions

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

## Asian-Style Chopped Salad & Chicken

WITH 2 READY-TO-COOK CHICKEN BREASTS



COOK WITHIN  
**3**  
DAYS

### NUTRITION per serving

Cal: 490	Cholest: 115mg
Carb: 28g	Potas: 900mg
Fiber: 5g	Calcium: 90mg
Sugar: 11g	Iron: 1.9mg
Added Sugar: 7g	Vit D: 0mcg
Protein: 40g	
Sodium: 1130mg	
Fat: 24g	
Sat Fat: 3½g	
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.
- Once cool enough to handle, slice chicken into 1/2" slices, if desired, and top salad with chicken. Bon appétit!