

\*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

- Freeze until use.
- Preheat oven to 375 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, 14-16 minutes.
- Carefully remove from oven. Let rest, 1 minute. 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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## Cinnamon Bread Slice

WITH SMOOTH CINNAMON ICING



### 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!

## 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	

### 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!

## Lemon Cake Slice

WITH RICH LEMON ICING



### NUTRITION per serving

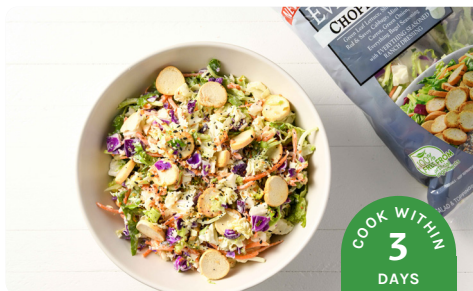
Cal: 440	Cholest: 90mg
Carb: 58g	Potas: 70mg
Fiber: 1g	Calcium: 40mg
Sugar: 40g	Iron: 1.4mg
Added Sugar: 39g	Vit D: 0mcg
Protein: 5g	
Sodium: 310mg	
Fat: 21g	
Sat Fat: 6g	
Trans Fat: 0g	

### Lemon Cake Instructions

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

### 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	

### 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!