

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

Goopy Butter Cake

WITH CRACKLY SUGAR CRUST



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

- Refrigerate or freeze until 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!

Cheesecake Instructions

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

Salted Caramel Truffle Cheesecake

WITH CHOCOLATE COOKIE CRUST



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	

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!

Garlic Bread

SIMPLY BAKE AND EAT



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	

Croissant Instructions

- Refrigerate or freeze until use.
- If frozen, thaw sandwich in refrigerator.
- Place **sandwich** on microwave-safe plate and microwave until heated through, 65-70 seconds.
- Carefully remove from packaging. Sandwich will be hot! Bon appétit!

Sausage, Egg & Cheese Croissant

2 MINI BREAKFAST CROISSANTS



NUTRITION per serving

Cal: 470	Cholest: 155mg
Carb: 28g	Potas: 160mg
Fiber: 2g	Calcium: 150mg
Sugar: 5g	Iron: 2.4mg
Added Sugar: 4g	Vit D: 0.6mcg
Protein: 14g	
Sodium: 790mg	
Fat: 34g	
Sat Fat: 13g	
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!

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	

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Margherita Pizza

APPETIZER-STYLE FLATBREAD



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	

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, 15-18 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!

Brazilian Cold Brew

2 CANNED MEDIUM-DARK ROAST COFFEES



NUTRITION per serving

Cal: 15	Cholest: 0mg
Carb: 4g	Potas: 220mg
Fiber: 0g	Calcium: 10mg
Sugar: 0g	Iron: 0.1mg
Added Sugar: 0g	Vit D: 0mcg
Protein: 0g	
Sodium: 50mg	
Fat: 0g	
Sat Fat: 0g	
Trans Fat: 0g	

COOK WITHIN
3
DAYS

Cold Brew Instructions

- Keep refrigerated for best flavor quality. Bon appétit!

Caesar Chopped Salad & Chicken

WITH 2 READY-TO-COOK CHICKEN BREASTS



NUTRITION per serving

Cal: 500	Cholest: 135mg
Carb: 15g	Potas: 810mg
Fiber: 3g	Calcium: 150mg
Sugar: 2g	Iron: 2.3mg
Added Sugar: 0g	Vit D: 0.1mcg
Protein: 41g	
Sodium: 850mg	
Fat: 29g	
Sat Fat: 6g	
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.*
- Remove from burner. Set aside to cool, 5 minutes.
- While chicken cooks, assemble salad.

Salad Instructions

- Refrigerate until use.
- Remove all **salad** ingredients from packaging and toss or gently mix with **dressing** until combined. Once cool enough to handle, slice chicken into 1/2" slices, if desired, and top salad with chicken. Bon appétit!

