



## Meal Guide

**VP = Vacuum and Available to Ship Nationally**

**All meals available for pickup and local delivery in Omaha NE and Kansas City MO**

### General Wellness

Daybreak Tacos  
Sausage & Egg Burrito  
Sunrise Scramble  
Southwestern Style Scramble VP  
The Early Bird  
Sausage, Egg & Cheese Sandwich  
Ratatouille Pasta Penne VP  
Roasted Sweet Potato Ragout VP  
Four Cheese Penne VP  
Ancient Grain Bowl VP  
Korean Bibimbap Bowl  
Bunless Beyond Burger  
Black Bean Enchiladas  
Veggie Buddha Bowl  
Indian Chickpea Masala  
Turkey Bolognese VP  
Cheesy Turkey Mac VP  
Turkey Chili  
Turkey Meatball Zoodles  
Turkey Shepherd's Pie VP  
Turkey Egg Roll Bowl  
Teriyaki Salmon Large  
The Basic Meal Salmon Large  
Salmon Alfredo Small  
Salmon Alfredo Large  
Salmon & Dill Sauce  
Chicken Parm Large  
Fajita Chicken Bowl Small  
Fajita Chicken Bowl Large VP  
Fit Chicken  
Kickin' Chicken Fried Rice Small  
Kickin' Chicken Fried Rice Large VP  
Chicken Enchiladas VP  
Sweet Potato Chicken  
Teriyaki Chicken Stir Fry VP  
Chicken Alfredo Large VP  
Creamy Chicken Pesto VP  
Curry Bowl with Chicken VP  
Buffalo-Style Chicken  
Buffalo-Style Chicken Mac VP  
Simple Chicken  
Barbeque Chicken  
Fajita Steak Bowl Small  
Fajita Steak Bowl Large VP  
Steak and Potatoes Large VP  
Teriyaki Steak Stir Fry VP  
Steak Enchiladas VP  
Lettuce Boats  
Chipotle Chicken Salad  
Chicken Caesar Salad  
Mediterranean Salad  
Greek Raspberry Yogo Parfait  
Greek Blueberry Yogo Parfait  
Hummus Snack Box  
Snack Box  
Chick Mac  
Tip Top Turkey Roll-Up  
Peanut Butter Chocolate Chip GoGo Bites

## Weight Loss/Control\*\*

Daybreak Tacos  
Sausage & Egg Burrito  
Sunrise Scramble VP  
Southwestern Style Scramble VP  
The Early Bird  
Sausage, Egg & Cheese Sandwich  
Ratatouille Pasta Penne VP  
Roasted Sweet Potato Ragout VP  
Four Cheese Penne VP  
Ancient Grain Bowl VP  
Korean Bibimbap Bowl  
Bunless Bunless Beyond Burger  
Black Bean Enchiladas  
Veggie Buddha Bowl  
Indian Chickpea Masala  
Turkey Bolognese VP  
Cheesy Turkey Mac VP  
Turkey Chili  
Turkey Meatball Zoodles  
Turkey Shepherd's Pie VP  
Turkey Egg Roll Bowl  
Teriyaki Salmon Large  
The Basic Meal Salmon Large  
Salmon Alfredo Small  
Salmon Alfredo Large  
Salmon & Dill Sauce  
Chicken Parm Large VP  
Fajita Chicken Bowl Small  
Fajita Chicken Bowl Large VP  
Fit Chicken  
Kickin' Chicken Fried Rice Small  
Kickin' Chicken Fried Rice Large VP  
Chicken Enchiladas VP  
Sweet Potato Chicken  
Teriyaki Chicken Stir Fry VP  
Creamy Chicken Pesto VP  
Curry Bowl with Chicken VP

Buffalo-Style Chicken  
Buffalo-Style Chicken Mac VP  
Simple Chicken  
Barbeque Chicken  
Fajita Steak Bowl Small  
Steak and Potatoes Large VP  
Teriyaki Steak Stir Fry VP  
Steak Enchiladas VP  
Lettuce Boats  
Chipotle Chicken Salad  
Chicken Caesar Salad  
Greek Raspberry Yogo Parfait  
Greek Blueberry Yogo Parfait  
Hummus Snack Box  
Tip Top Turkey Roll-Up  
Peanut Butter Chocolate Chip GoGo Bites

\*\*Less than 600 calories per meal, and 300 calories per snack.

## Heart Health\*\*

Ratatouille Pasta Penne VP  
Roasted Sweet Potato Ragout VP  
Four Cheese Penne VP  
Ancient Grain Bowl VP  
Black Bean Enchiladas  
Indian Chickpea Masala  
Turkey Bolognese VP  
Turkey Chili  
Turkey Shepherd's Pie VP  
Turkey Egg Roll Bowl  
Teriyaki Salmon Large  
The Basic Meal Salmon Large  
Salmon & Dill Sauce  
Fajita Chicken Bowl Small  
Fajita Chicken Bowl Large VP  
Fit Chicken  
Kickin' Chicken Fried Rice Small  
Sweet Potato Chicken  
Teriyaki Chicken Stir Fry VP  
Chicken Alfredo Large VP  
Curry Bowl with Chicken VP  
Simple Chicken  
Barbeque Chicken  
Fajita Steak Bowl Small  
Steak and Potatoes Large VP  
Teriyaki Steak Stir Fry VP  
Lettuce Boats  
Greek Raspberry Yogo Parfait  
Greek Blueberry Yogo Parfait  
Hummus Snack Box  
Peanut Butter Chocolate Chip GoGo Bites

\*\*Less than 30% total fat, and less than  
800 mg sodium

## Blood Sugar Control\*\*

Daybreak Tacos  
Sausage & Egg Burrito  
Sunrise Scramble VP  
Southwestern Style Scramble VP  
The Early Bird  
Sausage, Egg & Cheese Sandwich  
Ratatouille Pasta Penne VP  
Roasted Sweet Potato Ragout VP  
Four Cheese Penne VP  
Ancient Grain Bowl VP  
Bunless Bunless Beyond Burger  
Black Bean Enchiladas  
Indian Chickpea Masala  
Cheesy Turkey Mac VP  
Turkey Chili  
Turkey Meatball Zoodles  
Turkey Shepherd's Pie VP  
Turkey Egg Roll Bowl  
Teriyaki Salmon Large  
The Basic Meal Salmon Large  
Salmon & Dill Sauce  
Chicken Parm Large VP  
Fajita Chicken Bowl Small  
Fajita Chicken Bowl Large VP  
Fit Chicken  
Kickin' Chicken Fried Rice Small  
Kickin' Chicken Fried Rice Large VP  
Sweet Potato Chicken  
Teriyaki Chicken Stir Fry VP  
Creamy Chicken Pesto VP  
Buffalo-Style Chicken  
Buffalo-Style Chicken Mac VP  
Simple Chicken  
Barbeque Chicken

Fajita Steak Bowl Small  
Steak and Potatoes Large VP  
Teriyaki Steak Stir Fry VP  
Lettuce Boats  
Chipotle Chicken Salad  
Chicken Caesar Salad  
Mediterranean Salad  
Hummus Snack Box  
Snack Box  
Chick Mac  
Peanut Butter Chocolate Chip GoGo Bites

\*\*Less than 50g carbohydrate

## Gluten Free\*\*

Sunrise Scramble VP  
Southwestern Style Scramble VP  
The Early Bird  
Ratatouille Pasta Penne VP  
Roasted Sweet Potato Ragout VP  
Four Cheese Penne VP  
Ancient Grain Bowl VP  
Korean Bibimbap Bowl  
Bunless Beyond Burger  
Veggie Buddha Bowl  
Indian Chickpea Masala  
Turkey Bolognese VP  
Cheesy Turkey Mac VP  
Turkey Chili  
Turkey Meatball Zoodles  
Turkey Shepherd's Pie VP  
Turkey Egg Roll Bowl  
Teriyaki Salmon Large  
The Basic Meal Salmon Large  
Salmon Alfredo Small  
Salmon Alfredo Large  
Salmon & Dill Sauce  
Chicken Parm Large VP  
Fajita Chicken Bowl Small  
Fajita Chicken Bowl Large VP  
Fit Chicken  
Kickin' Chicken Fried Rice Small  
Kickin' Chicken Fried Rice Large VP  
Sweet Potato Chicken  
Teriyaki Chicken Stir Fry VP  
Chicken Alfredo Large VP  
Creamy Chicken Pesto VP  
Curry Bowl with Chicken VP  
Buffalo-Style Chicken  
Buffalo-Style Chicken Mac VP  
Simple Chicken

Barbeque Chicken  
Fajita Steak Bowl Small  
Fajita Steak Bowl Large VP  
Steak and Potatoes Large VP  
Teriyaki Steak Stir Fry VP  
Lettuce Boats  
Chipotle Chicken Salad  
Chicken Caesar Salad  
Mediterranean Salad  
Greek Raspberry Yogo Parfait  
Greek Blueberry Yogo Parfait  
Hummus Snack Box  
Snack Box  
Chick Mac  
Peanut Butter Chocolate Chip GoGo Bites

\*\*Pasta made from corn and rice