

meal plans

Reheating Instructions:

All of your meals have been fully cooked by our chefs prior to you receiving so they can be eaten at room temperature. Want it warmed through? **Specific reheating instructions are printed on each meal label**, and general instructions are below.



For Salads:

Optional: Reheat the protein (chicken, steak, veggie burger, shrimp etc.) in the oven at 375F for 10 minutes. Enjoy on top of greens.

For Soups & Broths:

Place in a saucepan over medium low heat and bring to a simmer before enjoying.

For Eggs & Frittatas:

Stove Top: In a hot sauté pan, add 1 tablespoon water and all ingredients. Cover with lid and let warm through for 2-3 minutes.

* If comes with cheese, add when finished reheating.

Microwave: Remove plastic lid and place container in microwave for 1-2 minutes.

* If comes with cheese, add when finished reheating.

For Bowls, Stir Frys & Hash:

Stove Top: In a hot sauté pan, add 1 tablespoon olive oil and sauté ingredients for 2-4 minutes.

* If comes with cheese, add when finished reheating.

* If comes with dressing, add when finished reheating.

Oven: Place ingredients, including protein (chicken, steak, veggie burger, shrimp etc.) in small baking dish in the oven at 375F for 10 minutes.

* If comes with cheese, add when finished reheating.

* If comes with dressing, add when finished reheating.

Microwave: Remove plastic lid and place container in microwave for 1-2 minutes.

* If comes with cheese, add when finished reheating.

* If comes with dressing, add when finished reheating.