



For best results and overall quality, we recommend heating our meals from a thawed state. Please allow desired meals to thaw under refrigeration for 12 to 24 hours prior to heating. Use within 3 days of thawing.

Traditional Meals – Keto Meals – Vegan & Vegetarian Meals

* NOTE: HEATING INSTRUCTIONS ARE A GUIDE AND WILL VARY BASED ON APPLIANCE*

Microwave: Peel corner of film to vent. Cook on high for 3 ½ to 4 minutes. Let stand for 1 minute.

Oven: Preheat oven to 350^of. Peel corner of film to vent. Place meal on baking sheet and bake for 22 to 28 minutes. Remove from oven and let stand for 2 to 3 minutes.

Kids Meals

* NOTE: HEATING INSTRUCTIONS ARE A GUIDE AND WILL VARY BASED ON APPLIANCE*

Microwave: Peel corner of film to vent. Cook on high for 2 ½ to 3 minutes. Let stand for 1 minute.

Oven: Preheat oven to 350^of. Peel corner of film to vent. Place meal on baking sheet and bake for 18 to 24 minutes. Remove from oven and let stand for 2 to 3 minutes.