

GOOD MEASURE MEALS

HEATING INSTRUCTIONS

YOUR MEALS ARE READY TO RE-HEAT AND EAT!

Thank you for your order. Our health-promoting meals are cooked fresh, packed, and frozen just for you.

Place meals you plan to enjoy within 48 hours in the refrigerator and place all remaining meals in the freezer for safekeeping. Frozen meals can be enjoyed within 6 months of pack date printed on the meal cover.

PLEASE FOLLOW THESE SIMPLE REHEATING INSTRUCTIONS TO ENSURE THE BEST QUALITY

Tip #1: Thaw meals in refrigerator 1-2 days before you plan to reheat them for more even cooking and reduced reheating time. **Never thaw food at room temperature.** If in a hurry, run cold water over frozen meal for 10 minutes.

Tip #2: Peel off the plastic film prior to reheating. You may see condensation because we freeze food after packing for safe keeping and best quality.

Tip #3: Remove any contents that are not intended to be heated, like bread or condiments. You can toast bread, or microwave it separately for a short period of time.

Tip #4: Cover the plastic container with a paper towel or place food in a microwave-safe dish with a microwave-safe lid.

Tip #5: Microwave thawed meals for 1-2 minutes. Consult the meal label for meal-specific heating instructions. Microwave cooking times vary, so be sure to check your food periodically.

Tip #6: If the meal doesn't have an absorbent carbohydrate (such as rice), there may be excess water in the container after heating. Just pour the water out.

Tip #7: Let stand for 1 min. **CAUTION: Container and contents will be hot!**

We think of you as family, and want you to have the best experience possible. If you have any questions at all, just contact our Customer Service team at [404-815-7695](tel:404-815-7695).

