



MEAL STORAGE & HEATING

Instructions



KEEP YOUR MEALS REFRIGERATED

- When you receive your meals, please place them in refrigeration immediately to preserve their freshness.
- If you need to travel for more than 15 minutes or so from where you pick up your meals, we recommend that you keep the meals in an insulated bag with ice packs until you can refrigerate them.



WHAT TO DO WITH LEFTOVER MEALS

- All meal container labels list the day the meals are meant to be eaten. We encourage you to follow the schedule as suggested. But if you skip a meal, you should place it in a freezer bag or wrap in aluminum foil and place in the freezer for later consumption.
- Most of the Good Measure Meals™ are freezer friendly up to two weeks.
- Leafy greens, fresh fruit, hard-boiled eggs and dairy products should not be frozen.



HEATING OF YOUR MEALS

- Though all GMM meals are packed in convenient microwaveable containers, we recommend that, when possible, you remove your meal from the container and place it on a microwave-safe dish or plate before heating in the microwave so that the meal may heat more evenly.
- Whether heating your meal in the provided microwave-safe container or in your own dish, be sure to loosely cover the food to help retain moisture, and allow for ventilation. If you do choose to heat your meal in the container (not recommended), be sure to first peel back the plastic cover seal and remove items that do not require heating, such as condiment packets, breads, fruits, yogurt, cold salads or any other food items you do not wish to heat.

MICROWAVE: Every microwave varies in power, so you will likely have to experiment to find the optimum time to cook each meal. We recommend heating meals from 1 to 3 minutes. The minimum temperature you will want the food to reach is 165°F or “steaming” hot. Try setting your microwave to 30 second increments. This will give you the opportunity to test the cooking time of different food items to make sure they are not being over-cooked.

CONVENTIONAL OVEN: Preheat oven to 350°. Remove food items you want to heat from the GMM container and place in an oven-safe dish. Depending on the quantity and density of the food, heat for 5 to 15 minutes or until your meal has reached the desired temperature.



BREAKFAST MEALS

- Our breakfast foods (such as eggs, breads, grits and oatmeal) will usually require the least amount of heating time.
- We recommend heating breads, waffles, French toast and pancakes in a conventional or toaster oven. If heated in your microwave, sprinkle a few drops of water on them and cover to help retain moisture during heating.
- Fruits, yogurts, hard-boiled eggs, and cottage cheese should not be heated.



LUNCH AND DINNER MEALS

- Our lunch and dinner meals will be similar in their heating requirements - which will be slightly longer than breakfast.
- Fish and seafood or breaded poultry generally heat up better in a conventional or toaster oven than in a microwave.
- Remove breads, leafy greens, cold salads or sides before heating.
- Sprinkle a small amount of water on rice before heating to help retain moisture.

HAVE ADDITIONAL QUESTIONS OR SUGGESTIONS?

Always feel free to contact us at **404-815-7695** or email customerservice@goodmeasuremeals.com
*Our meals are prepared and packaged in a facility that uses eggs, nuts, milk, seafood and wheat products.
If you have a food allergy, we do not recommend that you use our meal plan.*