

# GOOD MEASURE MEALS

# HEATING INSTRUCTIONS

## YOUR MEALS ARE READY TO RE-HEAT AND EAT!

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

When meals arrive, 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 for best quality.

## PLEASE FOLLOW THESE REHEATING INSTRUCTIONS TO ENSURE THE BEST QUALITY:

Reheat in microwave directly from the freezer -- no need to defrost

OR

- 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.**
- Tip #2:** Peel off the plastic film prior to reheating. You may see ice crystals or 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 condiments or bread. You can toast bread, or microwave it separately for a shorter 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:** Because your meal plan includes a wide variety of foods and varying portion sizes within the trays, cooking times will vary considerably. Heating in increments, stirring occasionally (if applicable), and sometimes removing components from the tray that require shorter reheating times will ensure best quality.

**Microwave thawed meals for 1-2 minutes**, then stir (if applicable). Continue to heat in 30 second increments until food reaches 165°F and is steaming hot. Microwave cooking times vary, so be sure to check your food periodically. Let stand for 1 min. CAUTION: Container and contents will of course be hot!

**Microwave frozen meals for 3-4 minutes**, then stir (if applicable). Continue to heat in 1-2 minute increments until food reaches 165°F and is steaming hot. Microwave cooking times vary, so be sure to check your food periodically. Let stand for 1 min. CAUTION: Container and contents will of course be hot!



If you have any questions at all, just contact our  
Customer Service team at [404-815-7695](tel:404-815-7695).

