

# 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:

We recommend meals be defrosted in the refrigerator (not more than 48 hours) for more even heating, but may be heated from frozen if necessary.  
**Never defrost food at room temperature.**

**Microwave defrosted 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!

**Bake defrosted meals in conventional oven preheated to 350°F**, stirring occasionally (if applicable). Heat until internal temperature of food reaches 165°F and is steaming hot. **Remove film prior to heating** and place tray on baking sheet/dish on the middle rack. 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!

**Tip #1:** 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 #2:** Remove any contents that are not intended to be heated, like condiments or bread. You can toast bread or heat it separately for a shorter time.

**Tip #3:** If **microwaving**, cover the plastic container with a paper towel or place food in a microwave safe dish with a microwave safe lid.

**Tip #4** If heating from frozen, a small amount of water may be added to prevent drying.

**Tip #5:** Because meals variety in size and contents, 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.



If you have any questions at all, just contact our Customer Experience team at 404-815-7695.

