

Gourmet Nutrition Meals

September 8, 2009

General Heating Instructions and Information.

All meals are best eaten within a few days. You may also freeze meals if needed. Just remove from the freezer and place in the fridge overnight to thaw.

Microwaving meals is not recommended, but if you do reheat in 30 second intervals until food is warmed through. Allow to rest between intervals. This will prevent overheating of the meal.

The provided containers are NOT oven safe. Carefully remove meals and place in a pyrex type container and cover tightly with foil (this will keep moisture in and prevent your meal from drying out).

All items are fully cooked. Since oven times vary it is a good idea to check that your meal is hot with a kitchen thermometer. Look for internal temperatures of 130 or so.

It is best to take meals out of fridge about 30 minutes prior to reheating and preheat oven. This will allow your meals to get closer to room temperature before placing in the oven. If you don't have time, add 8-10 minutes to heating time.

Please clean and return containers as they will be sanitized and used again.

Turkey Swedish Meatballs, Brown Rice Pasta, and Steamed Mixed Veggies - move to a pyrex type (oven safe) dish and cover with foil. Bake at 375 for 20-22 minutes, remove from oven but keep covered for 5 minutes

Chicken Fajita Lettuce Wraps with Black Beans, Tomatillo Salsa, and Sauteed Zucchini - move to a pyrex type (oven safe) dish. Bake at 375 for 20 minutes, remove from oven but keep covered for 5 minutes

Carrot, Orange, and Ginger Soup with Chicken - pour into a soup pan and heat gently without boiling over low- medium heat. Or microwave in 1.5 minute increments, stirring between.

Spanish Quinoa - microwave in 30 second increments, or bake covered at 375 along with meal