

CHEF PREPARED GOURMET MEALS



CHOOSE FRESH. CHOOSE LOCAL.

Use these heating instructions to get the most flavorful results, fast.

Our meals are fresh, so they require far less heating time than frozen meals. They're also packaged in easy-to-use microwaveable containers you can recycle. To begin, first remove fruit and other items that don't require heating. Then follow these tips:

- We recommend heating in 30-second intervals until food reaches an internal temperature of 165 degrees
- Breads are better toasted or heated in the oven.
- Be sure not to overheat the meals--remember eggs and other breakfast items usually require shorter heating times.

Microwave

- Our containers are microwave safe--but when possible, we recommend you place your meal portion on a microwave safe plate, cover and heat to the desired temperature to ensure even heating. Microwave times vary based on the strength of your microwave and the density of the meal.

Oven

- We've found some meals, especially fish, heat better in the oven; just be sure to use an oven-safe dish.
- Preheat your oven to 350 degrees. Heat 5-15 minutes depending on the meal; the meal is fully heated when it reaches an internal temperature of 165 degrees.

For more about how to heat our meals, **check out our Heating Tips video on YouTube:**

<http://bit.ly/freshnfitheatinginstructions>

We truly value your feedback so let us know if you have any questions or suggestions!
Our customer service team is here to help you from 8am to 5pm, Monday - Friday.

Thank You,
Fresh 'N Fit Cuisine Customer Service Team

www.freshnfitcuisine.com | 678-208-0341

Have a helpful heating tip? Please email it to us at customerservice@freshnfitcuisine.com

REFER A FRIEND AND GET \$20!

(plus they'll get \$20 off too)

Have them use promo code **FRIEND20** at checkout to receive \$20 off their first order, then provide the name of their referral when they get their welcome call from our Customer Service department and we'll credit YOUR account \$20.