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:

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

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**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.