



Mail Order Heating Instructions

Preparing for Your Order to Arrive:

- Empty your refrigerator to prepare for the arrival of your meals.
- Keep only condiments that are appropriate for your particular meal plan.
- We recommend that you consume all your Diet-to-Go meals within one week.

When Your Order Arrives:

- Unpack and organize your meals based on your chosen meal plan. You can see the menu weeks by [clicking here](#).
- Your meals may arrive thawed, which is acceptable as long as they are still cold.
- Put the first 3 days of meals in your refrigerator and the last 4 days of meals in the freezer.
- On the 3rd day, take the rest of the meals from the freezer and put them in the refrigerator.
- For Low-Fat menus, the "Side Items" box contains shelf-stable side items, such as fruit and condiments, and should be refrigerated after opening.
- For Low-Carb menus, All meals are self-contained and do not include a "Side Items" box.

NOTE: To avoid injury, do not directly touch any remaining dry ice in the cooler.

Heating Instructions:

Remove the plastic vacuum-sealed bags before heating entrees in the oven or microwave. The black containers are both microwave and oven-safe.

PLEASE NOTE: Microwaves and conventional ovens vary in temperature, so adjust our heating times accordingly.

Microwave

When microwaving, cover with wax paper or plastic wrap, leaving one corner vented. Microwave on High for 2-3 minutes, or until the entrée is hot. Remove from the microwave and let stand for 1 minute before eating.

Conventional Oven

When heating in a conventional oven, cover with aluminum foil. Cooking times vary, but most items will reheat in 15-25 minutes at 300°.

Tips:

- Some breakfasts and lunches are designed to be served cold, although many items may be heated.
- Our menu was designed by Registered Dietitians for optimum daily nutritional balance. However, if you prefer, meals may be consumed in any order.
- We recommend that you drink 6-8 glasses of water daily.
- Our meals are fresh-frozen, which ensures the best quality, safest, freshest-tasting product - unlike commercially frozen meals. Our state-of-the-art equipment vacuum packs each container to ensure both quality and shelf life of each entrée.