

Plant-Based

Coconut Chickpea Curry

Recommended Heating Instructions:

Take a small saucepan add the coconut chickpea curry. On your stove top bring the curry to a simmer on medium low heat. Occasionally stir to avoid any sticking on the bottom of the pan. In a separate small saucepan, add two tablespoons of water, followed by broccoli rice. Season with salt as desired and cook on medium low heat until hot. Wrap naan in a paper towel and microwave for 15 seconds.

Quickest Heating Instructions:

Remove naan bread from container. Wrap naan in a paper towel and microwave for 15 seconds. Place lid loosely on top and place into the microwave. Microwave from 1 minute and then in 30 second intervals until hot. About 2 minutes in total.

Chia Seed Bowl

Served Cold

Budda Bowl

Served Cold

Black Bean Burger

Recommended Heating Instructions:

Preheat oven to 350 degrees. Bake bean burger for 5-8 minutes until hot. For the last minute of baking add the brioche bun to the oven to warm.

Quickest Heating Instructions:

Place bean burger onto a microwave safe plate. Microwave in 30 second intervals until hot. About 1 minutes in total.

Burrito Bowl

Heating Instructions:

Remove condiments and romaine from container. Place lid loosely on top and place into the microwave. Microwave from 1 minute and then in 30 second intervals until hot. About 2 minutes in total.

Ratatouille

Recommended Heating Instructions:

Take a small pot and add the ratatouille. On your stove top bring the ratatouille to a simmer on medium low heat. Occasionally stir to avoid any sticking on the bottom of the pan.

Quickest Heating Instructions:

Remove salad and condiments from container. Place lid loosely on top and place into the microwave. Microwave from 1 minute and then in 30 second intervals until hot. About 3 minutes in total.

Pesto Penne

Recommended Heating Instructions:

On a stove set a sauté pan on medium high heat. Let the pan become hot, but not hot enough to burn the pasta. Add the penne and sauté until warm.

Quickest Heating Instructions:

Remove lemon from container. Place lid loosely on top and place into the microwave. Microwave from 1 minute and then in 30 second intervals until hot. About 2 minutes in total.

Mediterranean

Mediterranean Chicken

Recommended Heating Instructions:

Set the oven to 400 degrees. Remove the chicken, place it on a baking sheet. Place the chicken in the oven with the artichoke and goat cheese topping. Bake for 7 minutes or until hot. For the last minute of baking add the naan bread to the oven to warm.

Quickest Heating Instructions:

Remove chicken from container. Place the chicken on a microwave safe plate with the artichoke and goat cheese topping. Microwave from 1 minute and then in 30 second intervals until hot. About 2 minutes in total.

Chicken Kabobs

Recommended Heating Instructions:

Set the oven to 400 degrees. Remove the chicken, place it on a baking sheet. Place the chicken in the oven with the artichoke and goat cheese topping. Bake for 7 minutes or until hot. In a sauté pan, add two tablespoons of water, followed by basmati rice. Cook on medium low heat until hot.

Quickest Heating Instructions:

Remove chicken from container. Place the chicken on a microwave safe plate with the artichoke and goat cheese topping. Microwave from 1 minute and then in 30 second intervals until hot. About 2 minutes in total. Wrap naan in a paper towel and microwave for 15 seconds.

Farro Bowl

Recommended Heating Instructions:

Set the oven to 350 degrees. Remove the salmon, place it on a baking sheet. Place the salmon in the oven and bake for 7 minutes or until hot.

Quickest Heating Instructions:

Remove salmon from container. Place the salmon on a microwave safe plate. Microwave from 1 minute and then in 30 second intervals until hot. About 2 minutes in total.

Bharta

Recommended Heating Instructions:

Take a small pot add the bharta. On your stove top bring the bharta to a simmer on medium low heat. Occasionally stir to avoid any sticking on the bottom of the pan. In a separate small sauté, add two tablespoons of water, followed by basmati rice. Season with salt as desired and cook on medium low heat until hot. Wrap naan in a paper towel and microwave for 15 seconds.

Quickest Heating Instructions:

Remove naan bread from container. Wrap naan in a paper towel and microwave for 15 seconds. Place lid loosely on top and place into the microwave. Microwave for 1 minute and then in 30 second intervals until hot. About 2 minutes in total.

Baked Lemon-Garlic Cod

Recommended Heating Instructions:

Set the oven to 350 degrees. Remove the cod, place it on a baking sheet. Place the cod in the oven and bake for 7 minutes or until hot. In a small sauté, add one tablespoons of water, followed by the spiced kale. Lightly cook on medium low heat until hot.

Quickest Heating Instructions:

Remove cod from container. Place the cod on a microwave safe plate with the kale. Microwave from 1 minute and then in 30 second intervals until hot. About 2 minutes in total.

Falafel Bowl

Recommended Heating Instructions:

Set the oven to 350 degrees. Remove the falafel, place it on a baking sheet. Place the falafel in the oven and bake for 5 minutes or until hot.

Quickest Heating Instructions:

Remove the falafel from container. Place the falafel on a microwave safe plate. Microwave for 1 minute and then in 30 second intervals until hot.

Mediterranean Couscous

Recommended Heating Instructions:

Set the oven to 350 degrees. Remove the shrimp, place it on a baking sheet. Place the shrimp in the oven and bake for 5 minutes or until hot.

Quickest Heating Instructions:

Remove shrimp from container. Place the shrimp on a microwave safe plate. Microwave for 1 minute and then in 30 second intervals until hot. About 1 and a half minutes in total.

Keto

Pork Larb Gai

Recommended Heating Instructions:

Add pork larb gai and a dash of later into a small sauté pan. On the stove cook the pork on medium high heat until hot.

Quickest Heating Instructions:

Remove pork from container. Place the pork on a microwave safe plate. Microwave for 1 minute and then in 30 second intervals until hot.

Coconut Curry Chicken

Recommended Heating Instructions:

Add chicken curry into a small sauté pan. On the stove cook the pork on medium high heat until hot. Microwave broccoli rice in 30 second intervals until hot.

Quickest Heating Instructions:

Remove lime from container. Microwave for 1 minute and then in 30 second intervals until hot.

Blackened Salmon

Recommended Heating Instructions:

Set the oven to 350 degrees. Remove salmon, place it on a baking sheet. Place the salmon and vegetables in the oven and bake for 5 minutes or until hot. Microwave cauliflower for 1 minute and then in 30 second intervals until hot.

Quickest Heating Instructions:

Remove lemon & dill yogurt from container. Microwave in container for 1 minute and then in 30 second intervals until hot.

Mongolian Beef

Recommended Heating Instructions:

Add Mongolian beef into a small sauté pan. On the stove cook the beef on medium high heat until hot.

Quickest Heating Instructions:

Remove beef from container. Place the beef on a microwave safe plate. Microwave for 1 minute and then in 30 second intervals until hot.

Beef Tenderloin

Recommended Heating Instructions:

Set the oven to 350 degrees. Remove the beef and vegetables and place on to a baking sheet. Place the beef and vegetables in the oven and bake for 5 minutes or until hot. Add creamed spinach into a small sauté pan. On the stove cook the creamed spinach on medium high heat until hot. Microwave beef jus for 30 second.

Quickest Heating Instructions:

Remove lemon & dill yogurt from container. Microwave in container for 1 minute and then in 30 second intervals until hot.

Cod Provencal

Recommended Heating Instructions:

Set the oven to 350 degrees. Remove the cod and place on to a baking sheet. Place the cod in the oven and bake for 5 minutes or until hot. Add vegetable provencal to a small sauté pan. On the stove cook the vegetables on medium high heat until hot. In a separate pan slowly heat lemon cream on a medium low flame until hot.

Quickest Heating Instructions:

Remove mixed greens and lemon cream from container. Microwave in container for 1 minute and then in 30 second intervals until hot. Microwave the lemon cream for 30 seconds or until hot.

Chicken Parmesan

Recommended Heating Instructions:

Set the oven to 350 degrees. Remove the chicken parmesan and broccolini and place on to a baking sheet. Place the chicken parmesan and broccolini in the oven and bake for 5 minutes or until hot. In a separate pan slowly heat the San Marzano sauce on a medium low flame until hot.

Quickest Heating Instructions:

Remove mixed greens and lemon cream from container. Microwave in container for 1 minute and then in 30 second intervals until hot. Microwave lemon cream for 30 seconds or until hot.

Clean Living

Chipolte Chicken Bowl

Recommended Heating Instructions:

Set the oven to 350 degrees. Remove the chicken and place on to a baking sheet. Place the chicken in the oven and bake for 5 minutes or until hot. Place the lid loosely on the top of the container and place into the microwave. Microwave from 1 minute and then in 30 second intervals until hot. About 2 minutes in total.

Heating Instructions:

Remove condiments and romaine from container. Place lid loosely on top and place into the microwave. Microwave from 1 minute and then in 30 second intervals until hot. About 2 minutes in total.

Grilled Chicken Pesto

Recommended Heating Instructions:

Set the oven to 350 degrees. Remove the chicken and place on to a baking sheet. Place the chicken in the oven and bake for 5 minutes or until hot. Add the pasta to a small sauté pan. On the stove cook the pasta on medium high heat until hot. Occasionally stir or toss pasta. In a separate pan slowly heat lemon cream on a medium low flame until hot.

Quickest Heating Instructions:

Remove chicken from container. Microwave in container for 1 minute and then in 30 second intervals until hot. Microwave the lemon cream for 30 seconds or until hot.

Pork Tenderloin

Recommended Heating Instructions:

Set the oven to 350 degrees. Remove the pork, broccolini, and sweet potato and place on a baking sheet. Place all three in the oven and bake for 5 minutes or until hot. Add the farro and a dash of water to a small sauté pan. On the stove cook the farro on medium high heat until hot. Occasionally stir or toss pasta. In a separate pan slowly heat lemon cream on a medium low flame until hot.

Quickest Heating Instructions:

Remove the kale slaw and tahini sauce. Microwave container for 1 minute and then in 30 second intervals until hot.

Beef Banh Mi Bowl

Recommended Heating Instructions:

Set the oven to 350 degrees. Remove the beef and place on to a baking sheet. Place the beef in the oven and bake for 5 minutes or until hot. Place lid loosely on the container top and place into the microwave. Microwave from 1 minute and then in 30 second intervals until hot. About 2 minutes in total.

Heating Instructions:

Remove condiments and romaine from container. Place lid loosely on top and place into the microwave. Microwave from 1 minute and then in 30 second intervals until hot. About 2 minutes in total.

Sesame Crusted Tuna

Heating Instructions:

Remove snap peas and sushi rice from container. Place onto a microwave safe plate. Microwave from 1 minute and then in 30 second intervals until hot.

Cedar Plank Salmon

Recommended Heating Instructions:

Set the oven to 350 degrees. Remove the salmon and vegetables and place on a baking sheet. Place in the oven and bake for 5 minutes or until hot. Add wild rice and a dash of water to a small sauté pan. On the stove cook the rice on medium high heat until hot.

Quickest Heating Instructions:

Remove the lemon. Microwave container for 1 minute and then in 30 second intervals until hot.

Glazed Pork Loin

Recommended Heating Instructions:

Set the oven to 350 degrees. Remove the pork and bok choy and place on a baking sheet. Place in the oven and bake for 5 minutes or until hot.

Quickest Heating Instructions:

Remove cucumber, sambal and spiced vinegar. Microwave container for 1 minute and then in 30 second intervals until hot.

Low-Carb

Steak Salad

Recommended Heating Instructions:

Set the oven to 350 degrees. Remove beef and place on a baking sheet. Place in the oven and bake for 5 minutes or until hot.

Quickest Heating Instructions:

Remove beef. Microwave beef on a microwave safe plate for 1 minute.

Cod Florentine

Recommended Heating Instructions:

Set the oven to 350 degrees. Remove the cod and place on to a baking sheet. Place the cod in the oven and bake for 5 minutes or until hot. In a saucepan slowly heat the artichokes, sundried tomatoes, olives and lemon cream together on a medium low flame until hot.

Quickest Heating Instructions:

Microwave in container for 1 minute and then in 30 second intervals until hot. Microwave the lemon cream for 30 seconds or until hot.

Kung Pao Bowl

Recommended Heating Instructions:

On the stove cook the kung pao chicken on medium high low until hot. Occasionally stir to avoid sticking. Microwave cauliflower for 1 minute and then in 30 second intervals until hot.

Quickest Heating Instructions:

Microwave in container for 1 minute and then in 30 second intervals until hot.

Tuna Poke

Served Cold

Ancho Chicken Cobb

Recommended Heating Instructions:

Set the oven to 350 degrees. Remove the chicken and place on to a baking sheet. Place the chicken in the oven and bake for 5 minutes or until hot.

Wild Rice Bowl

Heating Instructions:

Remove salmon quenelle, herb pesto and kale slaw. Microwave in container for 1 minute and then in 30 second intervals until hot.

Grilled Salmon

Recommended Heating Instructions:

Set the oven to 350 degrees. Remove the salmon and broccolini and place on a baking sheet. Place in the oven and bake for 5 minutes or until hot. Add the cauliflower rice and a dash of water to a small sauté pan. On the stove cook the cauliflower rice on medium high heat until hot.

Quickest Heating Instructions:

Remove the orange salad and avocado. Microwave container for 1 minute and then in 30 second intervals until hot.