

## Bowls Instructions

Fresh	Instructions
<b>Greek Quiche</b> Eat within 4 days.	<b>Oven:</b> Heat uncovered at 350 for 10-15 minutes. Top with feta before or after heating, depending on preference. <b>Microwave:</b> Transfer to microwave safe bowl and heat for 1:30-2:30. Top with feta before or after heating, depending on preference.
<b>Thai Red Curry</b> Eat within 4 days for best flavor	<b>Oven:</b> Transfer to oven safe dish and heat at 350 for 10-15 minutes. <b>Microwave:</b> Heat for 1:30-2:30.
<b>Chicken Teriyaki</b> Eat within 4 days.	<b>Oven:</b> Transfer to oven safe dish and heat at 350 for 10-15 minutes. <b>Microwave:</b> Heat for 1:30-2:30.
<b>Peanut</b> Eat within 4 days for best flavor.	<b>Oven:</b> Transfer to oven safe dish, top with cashews, and heat at 350 for 10-15 minutes. <b>Microwave:</b> Heat for 1:30-2:30. Top with roasted cashews and enjoy!
<b>*Mediterranean Tuna</b> Eat within 2 days.	<b>Oven:</b> Transfer to oven safe dish and heat at 350 for 5-10 minutes. <b>Microwave:</b> Enjoy cold or heat for 0:30-1:00. Tuna should remain pink in center.
<b>Mediterranean Chicken</b> Eat within 2 days.	<b>Oven:</b> Transfer to oven safe dish and heat at 350 for 10-15 minutes. <b>Microwave:</b> Heat for 1:30-2:30.
<b>*Green Goddess</b> Eat within 3 days for best flavor.	<b>Oven:</b> Transfer to oven safe dish and heat at 350 for 10-15 minutes. Top with sunflower seeds and enjoy! <b>Microwave:</b> Heat for 1:30-2:30. Top with sunflower seeds and enjoy!
<b>*Steak &amp; Rice</b> Eat within 3 days for best flavor.	<b>Oven:</b> Transfer to oven safe dish and heat at 350 for 10-15 minutes. Top with kimchi and sprouts and enjoy! <b>Microwave:</b> Heat for 1:30-2:30. Top with kimchi and sprouts and enjoy!
<b>Ocho</b> Eat within 3 days for best flavor.	<b>Oven:</b> Transfer to oven safe dish and heat at 350 for 10-15 minutes. Top with lettuce and pico and enjoy! <b>Microwave:</b> Heat for 2:00-3:00. Top with lettuce and pico and enjoy!
<b>*Sweet Potato &amp; Eggs</b> Eat within 3 days for best flavor.	<b>Oven:</b> Transfer to oven safe dish and heat at 350 for 10-15 minutes. <b>Microwave:</b> Heat for 1:30-2:30.
<b>*Paleo</b> Eat within 3 days for best flavor.	<b>Oven:</b> Transfer to oven safe dish and heat at 350 for 10-15 minutes. Top with toasted almonds and enjoy! <b>Microwave:</b> Heat for 1:30-2:30. Top with toasted almonds and enjoy!
<b>North African</b> Eat within 3 days for best flavor.	Top with pistachios and feta and enjoy cold or set out for 30 minutes before eating.
<b>Power Berry</b> Eat within 3 days for best flavor.	Top with feta, roasted walnuts, and dressing and enjoy!

Frozen	Instructions
<b>Berry Acai</b>	Leave at room temperature for approximately 90 minutes. Add toppings and enjoy. OR Put in fridge the night before eating. In morning add toppings and enjoy. For best results limit time in fridge to 8 hours or less.
<b>Chocolate PB</b>	
<b>Mango</b>	
<b>Super Green</b>	
<b>Greek Quiche</b>	<b>Oven:</b> Heat uncovered at 350 for 50-55 minutes, while feta thaws at room temperature. Top with feta either with 10-15 minutes remaining or after heating, based on preference.
<b>Thai Red Curry</b>	<b>Oven:</b> Heat uncovered at 350 for 30 minutes, stir, and then heat another 10-15 minutes. <b>Microwave:</b> Transfer to microwave safe dish (if in a foil bowl) and heat for 3:00, stir, then heat for 2:00.
<b>Chicken Teriyaki</b>	<b>Oven:</b> Heat uncovered at 350 for 30 minutes, stir, and then heat another 10-15 minutes. <b>Microwave:</b> Transfer to microwave safe dish (if in a foil bowl) and heat for 3:00, stir, then heat for 2:00.
<b>Peanut</b>	<b>Oven:</b> Heat uncovered at 350 for 30 minutes, stir, and then heat another 10-15 minutes. <b>Microwave:</b> Transfer to microwave safe dish (if in a foil bowl) and heat for 3:00, stir, then heat for 1:00-2:00.
<b>*Mediterranean Tuna</b>	<b>Oven:</b> Heat uncovered at 350 for 25-30 minutes. Tuna should remain pink on inside. <b>Microwave:</b> Transfer to microwave safe dish (if in a foil bowl) and heat for 2:30-3:30. Tuna should remain pink on inside for rare.

<b>Mediterranean Chicken</b>	<b>Oven:</b> Heat uncovered at 350 for 35-45 minutes. <b>Microwave:</b> Heat for 3:00-4:00.
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Family	Instructions
<b>Thai Red Curry</b> Eat within 4 days for best flavor	<b>Oven:</b> Heat uncovered at 350 for 20-30 minutes. <b>Microwave:</b> Heat individual portions in microwave safe dish inline with above instructions.
<b>Chicken Teriyaki</b> Eat within 4 days.	<b>Oven:</b> Heat uncovered at 350 for 25-35 minutes. <b>Microwave:</b> Heat individual portions in microwave safe dish inline with above instructions.
<b>Peanut</b> Eat within 4 days for best flavor.	<b>Oven:</b> Top with cashews. Heat uncovered at 350 for 20-30 minutes. <b>Microwave:</b> Heat individual portions in microwave safe dish inline with above instructions.

<p><b>*Mediterranean Tuna</b> Eat within 2 days.</p>	<p><b>Oven:</b> Enjoy cold or heat uncovered 10-15 minutes. <b>Microwave:</b> Heat individual portions in microwave safe dish inline with above instructions.</p>
<p><b>Ocho</b> Eat within 3 days for best flavor.</p>	<p><b>Oven:</b> Heat uncovered at 350 for 25-35 minutes. Top with lettuce and pico and enjoy! <b>Microwave:</b> Heat individual portions in microwave safe dish inline with above instructions.</p>
<p><b>North African</b> Eat within 3 days for best flavor.</p>	<p>Top with pistachios and feta and enjoy cold or set out for 30 minutes before eating.</p>
<p><b>Power Berry</b> Eat within 3 days for best flavor.</p>	<p>Top with feta, roasted walnuts, and dressing and enjoy!</p>

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, sprouts, or eggs may increase your risk of foodborne illness.