

Bowls Instructions

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

Frozen	Instructions
Berry Acai	
Chocolate PB	Leave at room temperature for approximately 90 minutes. Add toppings and enjoy. OR
Mango	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.
Super Green	
Greek Quiche	Oven: 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.
Thai Red Curry	Oven: Heat uncovered at 350 for 30 minutes, stir, and then heat another 10-15 minutes. Microwave: Heat for 3:00, stir, then heat for 2:00.
Chicken Teriyaki	Oven: Heat uncovered at 350 for 30 minutes, stir, and then heat another 10-15 minutes. Microwave: Heat for 3:00, stir, then heat for 2:00.
Peanut	Oven: Heat uncovered at 350 for 30 minutes, stir, and then heat another 10-15 minutes. Microwave: Heat for 3:00, stir, then heat for 1:00-2:00.
*Mediterranean Tuna	Oven: Heat uncovered at 350 for 25-30 minutes. Tuna should remain pink on inside. Microwave: Heat for 2:30-3:30. Remove tuna (so it remains pink). Heat bowl until desired warmth, add tuna and enjoy!
Mediterranean Chicken	Oven: Heat uncovered at 350 for 35-45 minutes. Microwave: Heat for 3:00-4:00.

Family	Instructions
Thai Red Curry Eat within 4 days for best flavor	Oven: Heat uncovered at 350 for 20-30 minutes. Microwave: Heat individual portions in microwave safe dish inline with above instructions.
Chicken Teriyaki Eat within 4 days.	Oven: Heat uncovered at 350 for 25-35 minutes. Microwave: Heat individual portions in microwave safe dish inline with above instructions.

Peanut Eat within 4 days for best flavor.	Oven: Top with cashews. Heat uncovered at 350 for 20-30 minutes. Microwave: Heat individual portions in microwave safe dish inline with above instructions.
*Mediterranean Tuna Eat within 2 days.	Oven: Enjoy cold or heat uncovered 10-15 minutes. Microwave: Heat individual portions in microwave safe dish inline with above instructions.
Ocho Eat within 3 days for best flavor.	Oven: Heat uncovered at 350 for 25-35 minutes. Top with lettuce and pico and enjoy! Microwave: Heat individual portions in microwave safe dish inline with above instructions.
North African Eat within 3 days for best flavor.	Top with pistachios and feta and enjoy cold or set out for 30 minutes before eating.
Power Berry Eat within 3 days for best flavor.	Top with feta, roasted walnuts, and dressing and enjoy!

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