



healthy essentials
M E N U

REHEAT INSTRUCTIONS

Note: All Meal Prep Items May Be Enjoyed
Chilled, at Room Temperature or Heated

Note: Items should be at room temperature before heating.

Low Fat Proteins – GF DF NF

Heating Recommendation: Preheat oven to 350 °.
Heat for approximately 5-10 minutes.

Clean Veggies – GF VEGAN NF

Heating Recommendation: Preheat oven to 350°.
Heat for approximately 7-10 minutes.

Good Carbs – GF VEGAN NF

Heating Recommendation: Preheat oven to 350°.
Heat for approximately 10 minutes.