

Meal Storage & Heating Instructions



KEEP YOUR MEALS REFRIGERATED:

- When you receive your E² Meals, please place them in the refrigerator immediately to preserve their freshness
- If you travel more than 20 minutes to pick up your meals from our location, we recommend that you keep your E² Meals in an insulated bag or a cooler with ice packs. Please advise us in advance if you'll need for us to provide the insulated bags.



LEFT OVER MEALS? HERE'S WHAT TO DO:

- All meal containers labels list the day the meal was prepared and the suggested sequence in which your meals should be consumed. We encourage you consume all of your meals within the time frame prior to your next pickup, however, if you have meals remaining through your next pickup date, we suggest you consider freezing your remaining meals.
- Most of your E² Meals are freezable for up to two weeks.
- Leafy greens, fresh fruit, meals containing scrambled, poached or hard boiled eggs and meals containing dairy should not be frozen.



HEATING YOUR MEALS:

- Most E² Meals are packed in microwaveable packages, if they are meant to be microwaved. Reheating in these containers or reheating on microwave safe dishes are suggested.
- Make sure your meals are covered lightly to preserve moisture, allow ventilation, sanitation and cleanliness of your microwave.
- Keep in mind that all microwaves heat differently and some dishes require more or less microwaving time. We suggest microwaving your E² Meals only 1 to 3 minutes, experimenting with the minimum level of heat required to heat to your preferred temperature.
- For conventional/toaster oven heating, we suggest removing your E² Meal from it's original container and placing in a dish appropriate oven safe dish then heating for 6-



BREAKFAST MEALS:

- Our Breakfast foods require minimum heating time. Be sure not to over heat these items or the integrity of the meal may become compromised.
- We recommend heating breads, waffles, pancakes and French toast in a conventional oven or toaster oven rather than your microwave.



LUNCH & DINNER MEALS:

- Lunch and dinner meals will be similar in heating time and will be longer than breakfast meals. Remember to keep refrigerated until ready to heat & eat!!

Additional Questions? Suggestions?

We are here to help! Always feel free to contact us at 678.607.6116 or email Info@EdibleEndeavors.com.
Our meals are prepared and packaged in a facility that uses eggs, nuts, milk, seafood and wheat products.

If you have a food allergy, we recommend that you do not use our meal planning service.

Visit us @ www.EdibleEndeavors.com for further meal options, catering menus and view our other offerings!