



## **Storage Times and Re-heating Instructions**

### **BURRITO**

#### **Storage**

Store in freezer for up to 2 months or in the fridge for a maximum of 5 days

#### **Re-heating**

##### **Oven from frozen**

Place frozen burrito in oven at 200 degrees Celsius for 35 minutes. Remove from oven and carefully unwrap tin foil. If you want a crispy wrap, place in hot pan (no oil required) and heat on low heat until wrap is golden brown on one side. Carefully flip and do same on the other side.

##### **Oven after thawed**

Place thawed burrito in oven at 200 degrees Celsius for 15-20 minutes. If you want a crispy wrap, remove from oven and heat in hot pan as above.

##### **Microwave**

Remove tin foil. Heat in microwave at a medium to high temperature. If you want a crispy wrap, remove from oven and heat in a hot pan as above.

### **LASAGNA**

#### **Storage**

Store in freezer for up to 2 months or in the fridge for a maximum of 5 days

#### **Re-heating**

##### **Oven**

Remove from container and place on a baking tray lined with parchment paper and heat at 175 degrees Celsius for at least 10-15 minutes. After 10 minutes, check every few minutes until heated through.

## **Microwave**

Remove container lid and microwave on medium high for 3-5 minutes.

## **SMOOTHIE BOWLS**

### **Storage**

Store in the freezer for up to 3 months, or for up to 2 days in the fridge.

### **Serving**

Take the smoothie out of the freezer and put in fridge overnight to eat the following day. If you have a blender, blend until the smoothie is smooth and add the toppings. Enjoy!

## **YOGURT BOWLS**

### **Storage and Serving**

Store in the fridge for up to 7 days. Add the toppings when you are ready to eat!

## **PIZZA SLICES**

### **Storage**

Store in the freezer for up to 2 months or in the fridge for up to 5 days.

### **Re-heating**

#### **Oven**

Preheat the oven to 175 degrees Celsius. Put the pizza slices on foil before putting them on the top rack of the oven. Heat for 10 minutes.

#### **Microwave**

Remove the tin foil and place in the microwave for 3-5 minutes on medium high.

## **HOT STEWS**

### **Storage**

Store in the freezer for up to 2 months or in the fridge for up to 5 days.

### **Re-heating**

#### **Pan**

Add about 2 teaspoons of oil or water and empty the contents into a pan. Heat and stir frequently for a few minutes until heated through.

#### **Microwave**

Remove lid and microwave on medium high for 3-5 minutes.

## **STIR FRIES AND PASTA / NOODLE DISHES**

### **Storage**

Store in the freezer for up to 2 months or in the fridge for up to 5 days.

### **Re-heating**

#### **Microwave**

Remove lid and microwave on medium high for 3-5 minutes.

#### **Pan**

Add about 2 teaspoons of oil or water and empty the contents into a pan. Heat. Stir frequently for a few minutes until desired temperature is reached.

## **SALAD BOWLS**

### **Storage**

Store in the freezer for up to 2 months or in the fridge for up to 5 days.

### **Serving**

Salads should be eaten cold or at room temperature. Alternatively, most of our salads can be stir fried (except the Greek and Caesar salads). Simply heat 2 teaspoons of oil in a frying pan and add the contents of the bowl. Stir fry for a few minutes.

## **BARS, SWEET TREATS AND DRINKS**

### **Superfood Bars**

Store in the freezer for up to 2 months (best kept in the freezer).

### **Sweet Treats**

Store in the freezer for up to 4 weeks or in the fridge for up to 1 week.

### **Drinks**

Store in the fridge for up to 5 days.