



# Heating Instructions

**Beef Enchiladas:** Pour the sauce over the enchiladas then sprinkle the cheese on top before heating. Warm beginning with 90 seconds with 30 second intervals until it reaches desired temperature.

**Breakfast Plate:** Remove biscuit, heat it separately beginning with 30 seconds.

For remaining items, begin with one minute and increase by 30 seconds until it reaches desired temperature.

**Black Beans:** 3-4 Minutes

**Chili:** 4-5 minutes

**Chicken and Dumplings:** 2-3 minutes

**Chicken Entrees:** 2-3 Minutes

**Chicken Tikka Misala:** 2-3 minutes

**Cilantro Lime Shrimp:** Remove condiment containers and heat meat 45-90 seconds

**Coconut-Oil Stir Fry:** Begin with a minute and a half and increase by 30 second increments until desired temperature.

**Crabmeat Stuffed Mushroom:** 60-90 seconds

**Curry Chicken:** 2-3 minutes

**Deconstructed Pork Egg-Roll:** 2-3 minutes

**Flank Steak:** This entree is intentionally prepared rare to allowed for reheating to preference.

- Rare: Heat for 30-45 seconds

- Medium-Rare to Well-Done: Heat for 60-90 seconds until you have met your desired level.

**Keto Biscuits:** Be cautious when heating bread as it is very delicate.

- Microwave: Heat for 15-20 seconds.

- Oven: 200 Degrees for 5-10 minutes or until brown on bottom.

**Hamburger Steak:** 2-3 Minutes

**Meatloaf:** 2-3 Minutes

**Low-Carb Lasagna:** 3 minutes for a whole portion and 2 for a half or Kid's portion.

**Omelettes:** Begin with 30 seconds and increase by 30 seconds until it reaches desired temperature

**Pancakes:** Begin with heating for 45 seconds and increased intervals until heated through. Be careful not to overheat.

The containers holding the syrup and butter are microwave safe and can be warmed if desired.

**Pasta:** 90-120 seconds

**Pepper Steak:** 2-3 minutes

**Pork Tenderloin:** 2-3 minutes

**Red Beans & Brown Rice or Cauliflower Rice:** Begin with a minute and a half and increase by 30 second increments until desired temperature.

**Salmon:** To avoid overheating begin with 30-45 seconds and then add 20 second increments as needed. The dill butter can be warmed if desired.

**Salmon Cakes:** 45-60 seconds

**Sausage Gravy:** 30-45 seconds until it reaches desired temperature.

**Shepherd's Pie:** 4-6 Minutes

**Shrimp Etoufee:** Begin with a minute and a half. Increase by 30 second increments until desired temperature

**Sliders (Breakfast & Entree):** Begin by removing the meat from the slider bun and cooking the meat separately using 15-20 intervals. Lastly, see above for Keto Biscuit instructions.

**Soups:** Begin with a minute and a half and increase by 30 second increments until desired temperature.

**Southwestern Bowls:** Remove condiment containers and heat meat 45-90 seconds

**Tacos:** Remove condiment containers. Heat meat separately for 60-90 seconds. Heat shrimp for 30-45 seconds.

**Unstuffed Cabbage Roll:** 2-3 minutes

**Wings:**

- Microwave: 2-3 minutes microwave

- Oven: 300 Degrees for 10-12 minutes on a sprayed cookie sheet

**\*\*Salads:** These items are prepared with organic ingredients. We encourage consuming them at their optimal freshness. Please be aware of their expiration dates.\*\*

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