

STORING & HEATING INSTRUCTIONS

Read below how to heat up your meals.

Do not heat up meals in the container they come in.

All meals can be stored in the fridge and freezer in the container that it comes in.

ROASTED TOMATO & BASIL SOUP

Store in the fridge for up to three days. Can be frozen up to three months.

Heat up in the microwave for about 2 to 3 minutes or on the stove in a pot for about 5 minutes, gently stir.

MEXICAN BOWL FALL STYLE

Store in the fridge for up to three days. Can be frozen for up to 3 months. Avocado sauce can be frozen as well.

Can be eaten at room temperature. Take out 5 to 10 minutes before eating. Or heat up in the oven for 10 minutes, on a stove top for about 5 minutes or in the microwave for 1 minute, stir and another minute.

YELLOW CURRY WITH VEGGIES & RICE

Store in the fridge for up to three days. Can be frozen up to three months.

Heat up in the microwave for 2 minutes, stir and another 2 minutes. Heat up on the stove for 5 minutes, gently stirring. Heat up in the oven for about 10 minutes, stir halfway.

RED RICE & LENTIL SALAD w/ MINT DRESSING

Store in the fridge for up to three days. Can be frozen up to three months. Salad leaves will wilt in the freezer. Dressing can be frozen.

Best eaten at room temperature. Take out 5 to 10 minutes before eating.

ROASTED ROOT VEG SALAD w/ CHICKPEAS & TURMERIC LEMON DRESSING

Store in the fridge for up to three days. Can be frozen up to three months. Salad leaves will wilt in the freezer. Dressing can be frozen.

Best eaten at room temperature. Take out 5 to 10 minutes before eating. Or heat up slightly in the oven for 5 minutes or on a stovetop for 5 minutes while stirring.

LEMON PASTA WITH ROASTED CHICKEN AND VEGGIES

Store in the fridge for up to three days. Can be frozen up to three months.

Can be heated up in the oven for 10 to 15 minutes. Stir pasta to coat it with the lemon / olive oil dressing. Heat up on the stove for 10 to 15 minutes while gently stirring on medium heat.

KITCHARI

Store in the fridge for up to three days. Can be frozen up to three months.

Best heated up on the stovetop. Add water to make consistency a bit more liquid (should be slightly liquid), but eat how you like it. Could heat up in the microwave for 2 minutes, stir, another 2 minutes.

CHOCOLATE AVOCADO MOUSSE

Store in the fridge for up to 4 days. Cannot be frozen.

DARK CHOCOLATE COVERED DATES w/ PEANUT BUTTER & SALT

Store in the fridge for up to 5 days. Can also be frozen for up to 3 months. Defrost by leaving outside of the fridge for 5 minutes. Do not heat up, it will melt.

GHEE

Can be stored outside of the fridge. Make sure to use clean utensils to scoop ghee out. Can also be stored in the fridge. Ghee never goes bad, unless food particles come in contact with the ghee in the container, make sure to keep clean.

It is normal when ghee becomes a bit grainy, put the container in a pot of hot (not boiling) water to melt it.

CHUTNEY

Keep chutney in the fridge for up to 6 months. Use clean utensils when scooping. Can be saved outside of the fridge as well.

CHAI

Can be stored outside of the fridge in a cool, dry place. Use clean utensils to scoop.

ENJOY!