

Batch Food - General Heating Instructions

- Always check the label for specific heating instructions
- If it is in a plastic bag, remove bag before heating. If the plastic is connected to the container, this is the "seal" that is referred to on the instructions
- Heating Times are approximate as everyone's ovens and microwaves are different
- It is easier to heat your food if you have thawed it out beforehand. If you are cooking from frozen, you should put your meal through a defrost cycle if microwaving, or reduce the temperature and increase the time if using an oven
- If you are going to use a toaster oven, transfer meal to a toaster oven safe plate or bowl, as the containers are not designed for them

Keto Meals / Mac n Cheese Bowls - Mini Black Square Containers

- Microwave: Loosen Seal, microwave for 2 minutes, and then check to see if your meal requires more time

Individual Meal Sizes – Black Square Containers

- Microwave: Loosen seal, microwave for 3 minutes, and then check to see if your meal requires more time
- Oven: Preheat oven to 325 F, and cook for 20 min. Check to see if your meal requires more time.

Medium Meal Sizes – Aluminum Pans with Parchment Paper and Foil on Top in Plastic Bags

- Remove plastic bag
- Microwave: Transfer to a microwave safe container, and follow the microwave instructions for the Individual Meals
- Oven: Preheat oven to 375 F, and bake for 30 mins covered, then check to see if it needs more time. If it's good, then take off aluminium foil and parchment paper and bake for another 10 mins to crisp up the top.

Family Meal Sizes – Large Aluminum Pans with Parchment Paper and Lids in Plastic Bags

- Remove plastic bag
- These have a wide range of cooking instructions based on the meal, so check the instructions on the label for the best method.

You can always email us at info@batchfood.com or call us at 604-533-0700 with any questions.