



TAYLOR'S REHEATING GUIDE



TABLE OF CONTENTS

POULTRY.....	3
RED MEAT.....	5
SEAFOOD.....	7
SIDES & SAUCE	10
SALADS.....	14
BOWLS.....	15
EGGS.....	16
SOUPS.....	17
SNACKS + DESSERTS.....	19
PLANT BASED	21

ICONS



HEAT UP IN MICROWAVE



HEAT UP ON STOVE



DO NOT HEAT UP, ENJOY COLD!



ALMOND CHICKEN



1. Pop the top of your TMC container to vent
2. Microwave for 45 seconds
3. Mix, and then reheat for another 30 seconds
4. Enjoy!



1. Pre-heat a non-stick skillet on medium heat
2. Add a small amount of your favorite fat to the skillet
3. Add chicken to the skillet and cook, stirring often, for approximately 3-5 minutes or until heated through & Enjoy!

BBQ CHICKEN



MICROWAVE

1. Pop the top of your TMC container to vent
2. Microwave for 45 seconds
3. Mix, and then reheat for another 30 seconds
4. Enjoy!



STOVE

1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add chicken to the skillet and cook, stirring often, for approximately 3-5 minutes or until heated through
3. Enjoy!

BLACKENED CHICKEN



MICROWAVE

1. Vent the film on your TMC tray
2. Microwave for 45 seconds and then check if chicken is at desired temperature
3. If yes, peel off remaining film! If not, reheat in 15-second intervals until the desired temperature is reached & enjoy!



STOVE

1. Turn stove on medium-medium high heat and add fat of choice (coconut oil, avocado oil)
2. Sear protein for 45 seconds to 1 minute per side
3. Enjoy!

BUFFALO CHICKEN



MICROWAVE

1. Pop the top of your TMC container to vent
2. Microwave for 45 seconds
3. Mix, and then reheat for another 30 seconds
4. Enjoy!



STOVE

1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add chicken to the skillet and cook, stirring often, for approximately 3-5 minutes or until heated through
3. Enjoy!

CHICKEN CACCIATORE



MICROWAVE

1. Pop the top of your TMC container to vent
2. Microwave for 1 minute, then stir
3. Microwave for another minute
4. Enjoy!



STOVE

1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add chicken to the skillet and cook, stirring often, for approximately 3-5 minutes or until heated through
3. Enjoy!

CHICKEN PICCATA



MICROWAVE

1. Vent the film on your TMC tray
2. Microwave for 45 seconds, check if chicken is at desired temperature
3. If yes, peel off remaining film! If not, reheat in 15-second intervals until the desired temperature is reached.
4. Enjoy!



STOVE

1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add chicken and sauce to the skillet and cook approximately 1 minute per side, or until heated through
3. Enjoy!

CHICKEN POMODORO



MICROWAVE

1. Vent the film on your TMC tray
2. Microwave for 45 seconds, check if chicken is at desired temperature
3. If yes, peel off remaining film! If not, reheat in 15-second intervals until the desired temperature is reached.
4. Enjoy!



STOVE

1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add chicken and sauce to the skillet and cook approximately 1 minute per side, or until heated through
3. Enjoy!

CHICKEN SHAWARMA



MICROWAVE

1. Pop the top of your TMC container to vent
2. Microwave for 45 seconds
3. Mix, and then reheat for another 30 seconds
4. Enjoy!



STOVE

1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add chicken to the skillet and cook, stirring often, for approximately 3-5 minutes or until heated through
3. Enjoy!

CHICKEN FAJITAS



MICROWAVE

1. Vent the film on your TMC tray
2. Microwave for 45 seconds, check if chicken is at desired temperature
3. If yes, peel off remaining film & enjoy! If not, reheat in 15 seconds intervals until desired heat
4. Enjoy!



STOVE

1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add chicken to the skillet and cook, stirring often, for approximately 3-5 minutes or until heated through
3. Enjoy!

CHICKEN TINGA



MICROWAVE

1. Pop the top of your TMC container to vent
2. Microwave for 1 - 1.5 minutes
3. Stir, and enjoy!



STOVE

1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add chicken to the skillet and cook, stirring often, for approximately 3-5 minutes or until heated through
3. Enjoy!

COCONUT CHICKEN CURRY



MICROWAVE

1. Pop the top of your TMC container to vent
2. Microwave for 1 minute
3. Mix, and then reheat for another 30 seconds
4. Enjoy!



STOVE

1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add chicken to the skillet and cook, stirring often, for approximately 3-5 minutes or until heated through
3. Enjoy!

HERBED CHICKEN



MICROWAVE

1. Vent the film on your TMC tray
2. Microwave for 45 seconds, check if chicken is at desired temperature
3. If yes, peel off remaining film! If not, reheat in 15-second intervals until the desired temperature is reached.
4. Enjoy!



STOVE

1. Turn stove on medium-medium high heat and add fat of choice (coconut oil, avocado oil)
2. Sear protein for 45 seconds to 1 minute per side
3. Enjoy!

INDIAN BUTTER CHICKEN



MICROWAVE

1. Pop the top of your TMC container to vent
2. Microwave for 45 seconds
3. Mix, and then reheat for another 45 seconds
4. Enjoy!



STOVE

1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add chicken to the skillet and cook, stirring often, for approximately 3-5 minutes or until heated through
3. Enjoy!

KUNG PAO CHICKEN



MICROWAVE

1. Pop the top of your TMC container to vent
2. Microwave for 1 minute
3. Mix, and then reheat for another 30 seconds
4. Enjoy!



STOVE

1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add chicken to the skillet and cook, stirring often, for approximately 3-5 minutes or until heated through
3. Enjoy!

SPICY GREEN CHILE CHICKEN



MICROWAVE

1. Pop the top of your TMC container to vent
2. Microwave for 1 minute
3. Mix, and then reheat for another minute
4. Stir again, and enjoy!



STOVE

1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add chicken to the skillet and cook, stirring often, for approximately 3-5 minutes or until heated through
3. Enjoy!

TERIYAKI CHICKEN



MICROWAVE

1. Vent the film on your TMC tray
2. Microwave for 45 seconds, check if chicken is at desired temperature
3. If yes, peel off remaining film! If not, reheat in 15-second intervals until the desired temperature is reached.
4. Enjoy!



STOVE

1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add chicken and sauce to the skillet and cook approximately 1 minute per side, or until heated through
3. Enjoy!

TUSCAN CHICKEN



1. Pop the top of your TMC container to vent
2. Microwave for 45 seconds
3. Mix, and then reheat for another 45 seconds
4. Enjoy!



1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add chicken to the skillet and cook, stirring often, for approximately 3-5 minutes or until heated through
3. Enjoy!

STICKY SESAME TURKEY



1. Pop the top of your TMC container to vent
2. Microwave for 1 minute
3. Mix turkey with the sauce until fully combined
4. Enjoy!



1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add turkey to the skillet and cook, stirring often, for approximately 3-5 minutes or until heated through
3. Enjoy!

TURKEY "CHORIZO"



1. Pop the top of your TMC container to vent
2. Microwave for 1.5 - 2 minutes
3. Stir, and enjoy!



1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add turkey to the skillet and cook, stirring often, for approximately 3-5 minutes or until heated through
3. Enjoy!

ROASTED TURKEY



1. Vent the film on your TMC tray
2. Microwave for 45 seconds, check if turkey is at desired temperature
3. If yes, peel off remaining film! If not, reheat in 15-second intervals until the desired temperature is reached.
4. Enjoy!



1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add turkey to the skillet and cook for approximately 1 minute per side, or until heated through
3. Enjoy!

KOFTA AND TAHINI



1. Vent the film on your TMC tray
2. Remove tahini cup from the tray, and then heat for 45 seconds - 1 minute
3. Stir the tahini, and enjoy!



1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add kofta to the skillet and sear or approximately 2 minutes per side (sear on 4 sides) or until heated through
3. Enjoy!

BEEF BOURGUIGNON



1. Pop the top of your TMC container to vent
2. Microwave for 1 minute, then stir
3. Microwave for another minute
4. Enjoy!



1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add beef to the skillet and cook, stirring often, for approximately 3-5 minutes or until heated through
3. Enjoy!

BEEF AND BROCCOLI



1. Pop the top of your TMC container to vent
2. Microwave for 1 minute, then stir
3. Microwave for another 30 seconds
4. Enjoy!

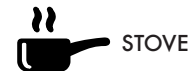


1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add beef to the skillet and cook, stirring often, for approximately 3-5 minutes or until heated through
3. Enjoy!

BEEF STROGANOFF



1. Pop the top of your TMC container to vent
2. Microwave for 45 seconds, then stir
3. Microwave for another 45 seconds
4. Enjoy!



1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add beef to the skillet and cook, stirring often, for approximately 2-4 minutes or until heated through
3. Enjoy!

BEEF RAGU



1. Pop the top of your TMC container to vent
2. Microwave for 1 minute, then stir
3. Microwave for another 45 seconds
3. Let it cool for 15 seconds, and enjoy!



1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add beef to the skillet and cook, stirring often, for approximately 3-5 minutes or until heated through
3. Enjoy!

BEEF MEATBALLS



1. Pop the top of your TMC container to vent
2. Microwave for 45 seconds, then stir
3. Microwave for another 30 seconds
4. Enjoy!



1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add beef to the skillet and cook, stirring often, for approximately 3-5 minutes or until heated through
3. Enjoy!

BOLOGNESE



1. Pop the top of your TMC container to vent
2. Microwave for 1 minute, then stir
3. Microwave for another 30 seconds
4. Enjoy!



1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add beef to the skillet and cook, stirring often, for approximately 3-5 minutes or until heated through
3. Enjoy!

CHILE COLORADO



1. Pop the top of your TMC container to vent
2. Microwave for 45 seconds, then stir
3. Microwave for another 30 seconds
4. Enjoy!



1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add beef to the skillet and cook, stirring often, for approximately 3-5 minutes or until heated through
3. Enjoy!

KOREAN BEEF BULGOGI



1. Pop the top of your TMC container to vent
2. Microwave for 45 seconds, then stir
3. Microwave for another 30 seconds
4. Enjoy!



1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add beef to the skillet and cook, stirring often, for approximately 2-4 minutes or until heated through
3. Enjoy!

PALEO MEATLOAF + BBQ SAUCE



1. Vent the film on your TMC tray
2. Microwave for 45 seconds, check if loaf is at desired temperature
3. If yes, peel off remaining film! If not, reheat in 15-second intervals until the desired temperature is reached.
4. Enjoy!



1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add beef to the skillet and cook two minutes per side, or until heated through
3. Enjoy!

SHORT RIBS



1. Vent the film on your TMC tray
2. Microwave for 1 minute
3. Remove the remaining plastic and enjoy!

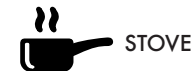


1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add beef to the skillet and cook one minute per side, or until heated through
3. Enjoy!

SWEDISH MEATBALLS



1. Pop the top of your TMC container to vent
2. Microwave for 45 seconds, then stir
3. Microwave for another 30 seconds
4. Enjoy!



1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add beef to the skillet and cook, stirring often, for approximately 3-5 minutes or until heated through
3. Enjoy!

BBQ PULLED PORK



MICROWAVE



STOVE

1. Pop the top of your TMC container to vent
2. Microwave for 45 seconds, then stir
3. Microwave for another 30 seconds
4. Enjoy!

1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add pork to the skillet and cook, stirring often, for approximately 2-4 minutes or until heated through
3. Enjoy!

CARNITAS



MICROWAVE



STOVE

1. Pop the top of your TMC container to vent
2. Microwave for 45 seconds, then stir
3. Microwave for another 30 seconds
4. Enjoy!

1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add pork to the skillet and cook, stirring often, for approximately 2-4 minutes or until heated through
3. Enjoy!

GRILLED ITALIAN SAUSAGE



MICROWAVE



STOVE

1. Vent the film on your TMC tray
2. Microwave for 45 seconds, check if sausage is at desired temperature
3. If yes, peel off remaining film! If not, reheat in 15-second intervals until the desired temperature is reached.
4. Enjoy!

1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add sausage to the skillet and cook, stirring often, for approximately 2-4 minutes or until heated through
3. Enjoy!

SWEET + SOUR PORK



MICROWAVE



STOVE

1. Pop the top of your TMC container to vent
2. Microwave for 45 seconds, then stir
3. Microwave for another 30 seconds
4. Enjoy!

1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add pork to the skillet and cook, stirring often, for approximately 3-5 minutes or until heated through
3. Enjoy!

PORK MOJO



MICROWAVE



STOVE

1. Pop the top of your TMC container to vent
2. Microwave for 45 seconds, then stir
3. Microwave for another 30 seconds
4. Enjoy!

1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add pork to the skillet and cook, stirring often, for approximately 2-4 minutes or until heated through
3. Enjoy!

MEDITERRANEAN TENDERLOIN TIPS



MICROWAVE



STOVE

For best results: DEFROST THOROUGHLY

1. Pop the top of your TMC container to vent & Microwave for 1 minute
- 2.. Stir and then heat for another 30 seconds
5. Stir again, check if meat is at desired temperature and enjoy!

1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add steak tips to the skillet and cook for approx. 1-3 minutes per side, or until heated through
3. . Add sauce and saute around for about 1 minute, then enjoy!

TENDERLOIN TIPS WITH T3



MICROWAVE



STOVE

For best results: DEFROST THOROUGHLY

1. Pop the top of your TMC container to vent & Microwave for 1 minute
2. Stir and then heat for another 30 seconds
5. Stir again, check if meat is at desired temperature and enjoy!

1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add steak tips to the skillet and cook for approx. 1-3 minutes per side, or until heated through
3. . Add sauce and saute around for about 1 minute, then enjoy!

TERIYAKI TENDERLOIN TIPS



MICROWAVE



STOVE

For best results: DEFROST THOROUGHLY

1. Pop the top of your TMC container to vent & Microwave for 1 minute
- 2.. Stir and then heat for another 30 seconds
5. Stir again, check if meat is at desired temperature and enjoy!

1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add steak tips to the skillet and cook for approx. 1-3 minutes per side, or until heated through
3. . Add sauce and saute around for about 1 minute, then enjoy!

BLACKENED HALIBUT



MICROWAVE

1. Vent your TMC tray
2. Microwave 1.5 -2 minutes
3. Remove fish from tray and enjoy!



STOVE

1. Pre-heat a non-stick skillet on medium-high heat
2. Add fat of choice, then sear the fish 2 minutes per side
3. Enjoy!

LEMON PEPPER HALIBUT



MICROWAVE

1. Vent your TMC tray
2. Microwave 1.5 -2 minutes
3. Remove fish from tray and enjoy!



STOVE

1. Pre-heat a non-stick skillet on medium-high heat
2. Add fat of choice, then sear the fish 2 minutes per side
3. Enjoy!

TERIYAKI HALIBUT



MICROWAVE

1. Vent your TMC tray
2. Microwave 1.5 -2 minutes
3. Remove fish from tray and enjoy!



STOVE

1. Pre-heat a non-stick skillet on medium-high heat & add fat of choice, then remove fish from the sauce and place in pan
2. Cook fish for 2 minutes per side
3. Stir sauce, then pour on top of the fish, heat through for 1 minute before removing from heat
4. Enjoy!

THAI CITRUS HALIBUT



MICROWAVE

1. Vent your TMC tray
2. Microwave 1.5 -2 minutes
3. Remove fish from tray and enjoy!



STOVE

1. Pre-heat a non-stick skillet on medium-high heat & add fat of choice, remove fish from the sauce and place in pan
2. Cook fish for 2 minutes per side
3. Stir sauce, then pour on top of the fish, heat through for 1 minute before removing from heat and enjoy!

BLACKENED MAHI MAHI



MICROWAVE

1. Vent your TMC tray
2. Microwave for 1:45 - 2 minutes
3. Remove fish from tray and enjoy!



STOVE

1. Pre-heat a non-stick skillet on medium-high heat
2. Add fat of choice, then sear the fish 2-3 minutes per side
3. Enjoy!

LEMON PEPPER MAHI MAHI



MICROWAVE

1. Vent your TMC tray
2. Microwave for 1:45 - 2 minutes
3. Remove fish from tray and enjoy!



STOVE

1. Pre-heat a non-stick skillet on medium-high heat
2. Add fat of choice, then sear the fish 2-3 minutes per side
3. Enjoy!

BOURBON BALSAMIC MAHI



MICROWAVE

1. Vent your TMC tray
2. Microwave for 1:45 - 2 minutes
3. Remove fish from tray and enjoy!



STOVE

1. Pre-heat a non-stick skillet on medium-high heat & add fat of choice, then remove fish from the sauce and place in pan
2. Cook fish for 2 minutes per side
3. Stir sauce, then pour on top of the fish, heat through for 1 minute before removing from heat
4. Enjoy!

BLACKENED SALMON



MICROWAVE

1. Vent the film on your TMC tray
2. Microwave for 45 seconds - 1 minute
3. Peel off plastic, then enjoy!



STOVE

1. Pre-heat a non-stick skillet on medium-high heat
2. Add fat of choice, then sear the fish 2 minutes per side
3. Enjoy!

LEMON DILL SALMON



1. Vent the film on your TMC tray
2. Microwave for 45 seconds - 1 minute
3. Peel off plastic, then enjoy!



1. Pre-heat a non-stick skillet on medium-high heat
2. Add fat of choice, then sear the fish 2 minutes per side
3. Enjoy!

PESTO SALMON



1. Vent the film on your TMC tray
2. Microwave for 45 seconds - 1 minute
3. Peel off plastic, and remove fish from tray
4. Top with sauce, and enjoy!



1. Pre-heat a non-stick skillet on medium-high heat & add fat of choice, then remove fish from the sauce and place in pan
2. Cook fish for 2 minutes per side
3. Stir sauce, then pour on top of the fish, heat through for 1 minute before removing from heat and enjoy!
4. Enjoy!

TERIYAKI SALMON



1. Vent the film on your TMC tray
2. Microwave for 45 seconds - 1 minute
3. Peel off plastic, and remove fish from tray
4. Top with sauce, and enjoy!



1. Pre-heat a non-stick skillet on medium-high heat & add fat of choice, then remove fish from the sauce and place in pan
2. Cook fish for 2 minutes per side
3. Stir sauce, then pour on top of the fish, heat through for 1 minute before removing from heat and enjoy!

THAI CURRY SALMON



1. Vent the film on your TMC tray
2. Microwave for 45 seconds - 1 minute
3. Peel off plastic, and remove fish from tray
4. Top with sauce, and enjoy!



1. Pre-heat a non-stick skillet on medium-high heat & add fat of choice, then remove fish from the sauce and place in pan
2. Cook fish for 2 minutes per side
3. Stir sauce, then pour on top of the fish, heat through for 1 minute before removing from heat and enjoy!

BLACKENED SHRIMP



1. Pop the top of your TMC container to vent
2. Microwave for 1 - 1.5 minutes, then stir
3. Check shrimp and re-heat in 15 second intervals if needed
4. Enjoy!



1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add shrimp to the skillet and cook, stirring often, for approximately 2-4 minutes or until heated through
3. Enjoy!

GREEN SHRIMP CURRY



1. Pop the top of your TMC container to vent
2. Microwave for 1 - 1.5 minutes, then stir
3. Check shrimp and re-heat in 15 second intervals if needed
4. Enjoy!



1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add shrimp to the skillet and cook, stirring often, for approximately 2-4 minutes or until heated through
3. Enjoy!

LEMON PEPPER SHRIMP



1. Pop the top of your TMC container to vent
2. Microwave for 1 - 1.5 minutes, then stir
3. Check shrimp and re-heat in 15 second intervals if needed
4. Enjoy!



1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add shrimp to the skillet and cook, stirring often, for approximately 2-4 minutes or until heated through
3. Enjoy!

KUNG PAO SHRIMP



1. Pop the top of your TMC container to vent
2. Microwave for 1 - 1.5 minutes, then stir
3. Check shrimp and re-heat in 15 second intervals if needed
4. Enjoy!



1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add shrimp to the skillet and cook, stirring often, for approximately 2-4 minutes or until heated through
3. Enjoy!

PESTO SHRIMP



MICROWAVE

1. Pop the top of your TMC container to vent
2. Microwave for 1 - 1.5 minutes, then stir
3. Check shrimp and re-heat in 15 second intervals if needed
4. Enjoy!



STOVE

1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add shrimp to the skillet and cook, stirring often, for approximately 2-4 minutes or until heated through
3. Enjoy!

ALL SAUCES



MICROWAVE

1. Remove from cup and place in microwave safe container
2. Reheat in 30 second intervals, stirring in between, and enjoy!

ASPARAGUS



MICROWAVE

1. Pop the top of your TMC container
2. Microwave for 45 seconds - 1 minute
3. Take out, push the top down to steam for another 20 seconds, and enjoy!



STOVE

1. Add fat of choice to non-stick pan and heat to medium/medium-high
2. Pour vegetable into pan and saute for 1-3 minutes
3. Enjoy!

BROCCOLI



MICROWAVE

1. Pop the top of your TMC container
2. Microwave for 45 seconds - 1 minute
3. Take out, push the top down to steam for another 20 seconds, and enjoy!



STOVE

1. Add fat of choice to non-stick pan and heat to medium/medium-high
2. Pour vegetable into pan and saute for 1-3 minutes
3. Enjoy!

BROWN FRIED RICE



MICROWAVE

1. Pop the top of your TMC container
2. Microwave for 45 seconds - 1 minute
3. Push the lid back down for 1 minute
4. Fluff your rice/quinoa and enjoy!



MICROWAVE

1. Pop the top of your TMC container
2. Microwave for 45 seconds - 1 minute
3. Push the lid back down for 1 minute
4. Fluff your rice/quinoa and enjoy!

BRUSSEL SPROUTS



MICROWAVE

1. Pop the top of your TMC container
2. Microwave for 1 minute - 1:20
3. Take out, push the top down to steam for another 20 seconds, and enjoy!



STOVE

1. Add fat of choice to non-stick pan and heat to medium/medium-high
2. Pour vegetable into pan and saute for 2-5 minutes
3. Enjoy!

CAULIFLOWER



MICROWAVE

1. Pop the top of your TMC container
2. Microwave for 45 seconds - 1 minute
3. Take out, push the top down to steam for another 20 seconds, and enjoy!



STOVE

1. Add fat of choice to non-stick pan and heat to medium/medium-high
2. Pour vegetable into pan and saute for 1-3 minutes
3. Enjoy!

DF MASHED POTATOES



1. Pop the top of your TMC container
2. Microwave for 1:15-1:30
3. Stir and enjoy!

GF PASTA + MARINARA



1. Pop the top of your TMC container
2. Microwave for 1:15-1:30
3. Stir and enjoy!

GREEN BEANS



1. Pop the top of your TMC container
 2. Microwave for 1 minute - 1:20
 3. Take out, push the top down to steam for another 20 seconds, and enjoy!
1. Add fat of choice to non-stick pan and heat to medium/medium-high
 2. Pour vegetable into pan and saute for 2-4 minutes
 3. Enjoy!

JASMINE RICE



1. Pop the top of your TMC container
2. Microwave for 45 seconds - 1 minute
3. Push the lid back down for 1 minute
4. Fluff your rice/quinoa and enjoy

GF MAC + CHEESE



1. Pop the top of your TMC container
2. Microwave for 1:30
3. Take out, push the top down to steam for another 15-20 seconds
4. Stir and enjoy!

MIXED VEGETABLES



1. Pop the top of your TMC container
 2. Microwave for 45 seconds - 1 minute
 3. Take out, push the top down to steam for another 20 seconds, and enjoy!
1. Add fat of choice to non-stick pan and heat to medium/medium-high
 2. Pour vegetable into pan and saute for 1-3 minutes
 3. Enjoy!

NAKED PASTA



1. Remove the top of your TMC container
2. Add your TMC condiment/fat of choice
3. Replace lid, not closing completely
4. Microwave for 1 minute - 1:30
5. Take out, push the top down to steam for another 20 seconds. Stir, and enjoy!

PEAS



1. Pop the top of your TMC container
 2. Microwave for 45 seconds - 1 minute
 3. Take out, push the top down to steam for another 20 seconds, and enjoy!
1. Add fat of choice to non-stick pan and heat to medium/medium-high
 2. Pour vegetable into pan and saute for 1-3 minutes
 3. Enjoy!

PEPPERS



MICROWAVE

1. Pop the top of your TMC container
2. Microwave for 45 seconds - 1 minute
3. Take out, push the top down to steam for another 20 seconds, and enjoy!



STOVE

1. Add fat of choice to non-stick pan and heat to medium/medium-high
2. Pour vegetable into pan and saute for 1-3 minutes
3. Enjoy!

GRILLED PEPPERS + ONIONS



MICROWAVE

1. Pop the top of your TMC container
2. Microwave for 45 seconds - 1 minute
3. Take out, push the top down to steam for another 20 seconds, and enjoy!



STOVE

1. Add fat of choice to non-stick pan and heat to medium/medium-high
2. Pour vegetable into pan and saute for 1-3 minutes
3. Enjoy!
4. Enjoy!

QUINOA



MICROWAVE

1. Pop the top of your TMC container
2. Microwave for 45 seconds - 1 minute
3. Push the lid back down for 1 minute
4. Fluff your rice/quinoa and enjoy

ROASTED POTATOES



MICROWAVE

1. Pop the top of your TMC container
2. Microwave for 45 seconds - 1 minute
3. Take out, push the top down to steam for another 20 seconds, and enjoy!



STOVE

1. Add fat of choice to non-stick pan and heat to medium/medium-high
2. Pour vegetable into pan and saute for 1-3 minutes
3. Enjoy!

ROASTED SWEET POTATOES



MICROWAVE

1. Pop the top of your TMC container
2. Microwave for 45 seconds - 1 minute
3. Take out, push the top down to steam for another 20 seconds, and enjoy!



STOVE

1. Add fat of choice to non-stick pan and heat to medium/medium-high
2. Pour vegetable into pan and saute for 1-3 minutes
3. Enjoy!

SAFFRON RICE



MICROWAVE

1. Pop the top of your TMC container
2. Microwave for 45 seconds - 1 minute
3. Push the lid back down for 1 minute
4. Fluff your rice/quinoa and enjoy

SWEET POTATO HASH



MICROWAVE

1. Pop the top of your TMC container
2. Microwave for 45 seconds - 1 minute
3. Take out, push the top down to steam for another 20 seconds, and enjoy!



STOVE

1. Add fat of choice to non-stick pan and heat to medium/medium-high
2. Pour vegetable into pan and saute for 1-3 minutes
3. Enjoy!

SWEET POTATO MASH



MICROWAVE

1. Pop the top of your TMC container to vent
2. Microwave for 1 - 1.5 minutes, then stir
3. Check shrimp and re-heat in 15 second intervals if needed
4. Enjoy!

VEGAN SPANISH RICE

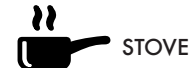


1. Pop the top of your TMC container
2. Microwave for 45 seconds - 1 minute
3. Push the lid back down for 1 minute
4. Fluff your rice/quinoa and enjoy

VEGETABLE STIR FRY



1. Pop the top of your TMC container
2. Microwave for 45 seconds - 1 minute
3. Take out, push the top down to steam for another 20 seconds, and enjoy!



1. Add fat of choice to non-stick pan and heat to medium/medium-high
2. Pour vegetable into pan and saute for 1-3 minutes
3. Enjoy!

ZOODLES



1. Pop the top of your TMC container
2. Microwave for 1 1/2 minute
3. Push lid back on and steam for 20-30 seconds
4. Stir, add TMC condiments, and enjoy!



1. Add fat of choice to non-stick pan and heat to medium/medium-high
2. Pour vegetable into pan and saute for 1-3 minutes
3. Enjoy!

ZUCCHINI



1. Pop the top of your TMC container
2. Microwave for 45 seconds - 1 minute
3. Take out, push the top down to steam for another 20 seconds, and enjoy!



1. Add fat of choice to non-stick pan and heat to medium/medium-high
2. Pour vegetable into pan and saute for 1-3 minutes
3. Enjoy!

SPAGHETTI SQUASH W/ MARINARA



1. Spread spaghetti squash out onto a microwaveable plate
be mindful of excess liquid in container
2. Microwave 1-2 minutes until heated through
3. Remove and stir
4. Enjoy!

SPAGHETTI SQUASH W/ BOLOGNESE



1. Spread spaghetti squash out onto a microwaveable plate
be mindful of excess liquid in container
2. Microwave 1-2 minutes until heated through
3. Remove and stir
4. Enjoy!

NAKED SPAGHETTI SQUASH



1. Spread spaghetti squash out onto a microwaveable plate
be mindful of excess liquid in container
2. Microwave 1-2 minutes until heated through
3. Remove and stir (adding sauce if needed)
4. Enjoy!

ARUGULA SIDE SALAD



ENJOY COLD

1. Pour dressing on top of salad and shake for 10-15 seconds
2. Enjoy!

KALE SHAKER SALAD



ENJOY COLD

1. Pour dressing on top of salad and shake for 10-15 seconds
2. Enjoy!

SPINACH SIDE SALAD



ENJOY COLD

1. Pour dressing on top of salad and shake for 10-15 seconds
2. Enjoy!

FARMHOUSE SALAD



ENJOY COLD

1. Open and remove top tray with additional toppings
2. Add into salad and stir with fork
3. Add in dressing and place lid back on, shake for 10-15 seconds
4. Add protein (if applicable) and enjoy!

ITALIAN CHOPPED SALAD



ENJOY COLD

1. Open and remove top tray with additional toppings
2. Add into salad and stir with fork
3. Add in dressing and place lid back on, shake for 10-15 seconds
4. Add protein (if applicable) and enjoy!

KALEIFORNIA CAESAR



ENJOY COLD

1. Open and remove top tray with additional toppings
2. Add into salad and stir with fork
3. Add in dressing and place lid back on, shake for 10-15 seconds
4. Add protein (if applicable) and enjoy!

MALIBU CHICKEN SALAD



ENJOY COLD

1. Open and remove top, stir and enjoy solo, on top of an entree salad, with crackers or veggie dippers!

ZESTY ASIAN SALAD



ENJOY COLD

1. Open and remove top tray with additional toppings
2. Add into salad and stir with fork
3. Add in dressing and place lid back on, shake for 10-15 seconds
4. Add protein (if applicable) and enjoy!

ASIAN RICE BOWL



MICROWAVE

1. Remove cucumber and set aside
2. Mix remaining ingredients together
3. Gently place lid on top and microwave for 1:30-2 minutes
4. Add cucumber and mix again, enjoy with chosen protein and condiments!



STOVE

1. Remove cucumber and set aside
2. Mix remaining ingredients together
3. Preheat a non-stick skillet over medium-medium/high heat, add favorite fat, then add the rice mixture
4. Saute for 1-2 minutes until heated through
5. Enjoy

BREAKFAST BOWL



MICROWAVE

1. Remove sauce cup
2. Remove the bacon and reheat it for 45 seconds. Set aside.
3. Gently place lid back on the bowl and microwave for 1 -2 minutes
4. Add bacon/condiments and enjoy!



STOVE

1. Remove sauce cup
2. Preheat a non-stick skillet over medium-medium/high heat & add bacon
3. Crisp it back up, approx. 1 minute per side, remove bacon & add the rest of the ingredients and saute for 2 min or until warmed through
4. Plate up with bacon and sauce, and enjoy

BUDDHA BOWL



MICROWAVE

1. Remove sauce cup
2. Gently place lid back on top and microwave for 1:30-2 minutes
3. Add condiments and protein of choice, and enjoy!



STOVE

1. Remove sauce cup
2. Pre-heat a non-stick skillet over medium/medium-high heat & add a small amount of your favorite fat to the pan
3. Add the bowl ingredients to the pan, and saute for 2-3 minutes until warmed through
4. Plate up with sauce and enjoy!

MEDITERRANEAN BOWL



MICROWAVE

1. Remove sauce cups and set aside cold salad in a separate container
2. Mix the rice and the eggplant together, gently place lid back on bowl and microwave for 1 - 1:30 minutes
4. Shake the dressing, then toss salad with half of container
5. Add desired protein to heated rice mix
6. Top with cold salad and enjoy!



STOVE

1. Remove sauce cups and set aside cold salad
2. Mix the rice and the eggplant together
3. Saute the rice mixture in a non-stick skillet over medium/high heat until heated through
4. Shake the dressing, then toss half of it with the salad
5. Add desired protein to heated rice mix
6. Top with cold salad and enjoy!

VEGAN TACO BOWL



MICROWAVE

1. Remove sauce cup
2. Gently place lid on top and microwave for 1:30-2 minutes
3. Add condiments and protein of choice, then enjoy!

BLT SCRAMBLE



MICROWAVE

1. Pop the top of your TMC container
2. Microwave for 40 seconds
3. Take out of microwave and place the top back on for 20 more seconds
4. Enjoy!



STOVE

1. Preheat a small non-stick skillet on medium heat
2. Add eggs and saute for approximately 1 minute until warmed through
3. Enjoy!

COWBOY SCRAMBLE



MICROWAVE

1. Pop the top of your TMC container
2. Microwave for 1 minute and stir to ensure warmth throughout scramble
3. Enjoy!



STOVE

1. Preheat a small non-stick skillet on medium heat
2. Add eggs and saute for approximately 1 minute until warmed through
3. Enjoy!

SCRAMBLED EGGS



MICROWAVE

1. Pop the top of your TMC container
2. Microwave for 40 seconds
3. Take out of microwave and place the top back on for 20 more seconds
4. Enjoy!



STOVE

1. Preheat a small non-stick skillet on medium heat
2. Add eggs and saute for approximately 1 minute until warmed through
3. Enjoy!

TMC FIT SCRAMBLE



MICROWAVE

1. Pop the top of your TMC container
2. Microwave for 40 seconds
3. Take out of microwave and place the top back on for 20 more seconds
4. Enjoy!



STOVE

1. Preheat a small non-stick skillet on medium heat
2. Add eggs and saute for approximately 1 minute until warmed through
3. Enjoy!

VEGGIE SCRAMBLE



MICROWAVE

1. Pop the top of your TMC container
2. Microwave for 40 seconds
3. Take out of microwave and place the top back on for 20 more seconds
4. Enjoy!



STOVE

1. Preheat a small non-stick skillet on medium heat
2. Add eggs and saute for approximately 1 minute until warmed through
3. Enjoy!

BEEF CHILI



1. Pop the top of your TMC container
2. Microwave with the lid cracked at 45 second intervals, stirring in-between until fully warmed through
4. Enjoy!



1. Empty soup into a small sauce pan
2. Re-heat on your stop top on medium/medium-high heat, stirring occasionally until heated through - approximately 5-10 minutes
3. Enjoy!

BUTTERNUT SQUASH SOUP



1. Pop the top of your TMC container
2. Microwave with the lid cracked at 45 second intervals, stirring in-between until fully warmed through



1. Empty soup into a small sauce pan
2. Re-heat on your stop top on medium/medium-high heat, stirring occasionally until heated through - approximately 5-10 minutes
3. Enjoy!

CAJUN GUMBO



1. Pop the top of your TMC container
2. Microwave with the lid cracked at 45 second intervals, stirring in-between until fully warmed through



1. Empty soup into a small sauce pan
2. Re-heat on your stop top on medium/medium-high heat, stirring occasionally until heated through - approximately 5-10 minutes
3. Enjoy!

CAULIFLOWER CHOWDER



1. Pop the top of your TMC container
2. Microwave with the lid cracked at 45 second intervals, stirring in-between until fully warmed through



1. Empty soup into a small sauce pan
2. Re-heat on your stop top on medium/medium-high heat, stirring occasionally until heated through - approximately 5-10 minutes
3. Enjoy!

CHEESY BROCCOLI SOUP



1. Pop the top of your TMC container
2. Microwave with the lid cracked at 45 second intervals, stirring in-between until fully warmed through

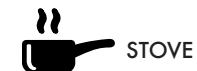


1. Empty soup into a small sauce pan
2. Re-heat on your stop top on medium/medium-high heat, stirring occasionally until heated through - approximately 5-10 minutes
3. Enjoy!

CHICKEN STEW



1. Pop the top of your TMC container
2. Microwave with the lid cracked at 45 second intervals, stirring in-between until fully warmed through



1. Empty soup into a small sauce pan
2. Re-heat on your stop top on medium/medium-high heat, stirring occasionally until heated through - approximately 5-10 minutes
3. Enjoy!

CHICKEN TORTILLA SOUP



1. Pop the top of your TMC container
2. Microwave with the lid cracked at 45 second intervals, stirring in-between until fully warmed through

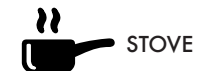


1. Empty soup into a small sauce pan
2. Re-heat on your stop top on medium/medium-high heat, stirring occasionally until heated through - approximately 5-10 minutes
3. Enjoy!

CHICKEN + WILD RICE SOUP



1. Pop the top of your TMC container
2. Microwave with the lid cracked at 45 second intervals, stirring in-between until fully warmed through



1. Empty soup into a small sauce pan
2. Re-heat on your stop top on medium/medium-high heat, stirring occasionally until heated through - approximately 5-10 minutes
3. Enjoy!

CHICKEN ZOODLE SOUP



MICROWAVE

1. Pop the top of your TMC container
2. Microwave with the lid cracked at 45 second intervals, stirring in-between until fully warmed through



STOVE

1. Empty soup into a small sauce pan
2. Re-heat on your stop top on medium/medium-high heat, stirring occasionally until heated through - approximately 5-10 minutes
3. Enjoy!

CREAM OF BROCCOLI SOUP



MICROWAVE

1. Pop the top of your TMC container
2. Microwave with the lid cracked at 45 second intervals, stirring in-between until fully warmed through



STOVE

1. Empty soup into a small sauce pan
2. Re-heat on your stop top on medium/medium-high heat, stirring occasionally until heated through - approximately 5-10 minutes
3. Enjoy!
4. Enjoy!

CURRY VEGETABLE SOUP



MICROWAVE

1. Pop the top of your TMC container
2. Microwave with the lid cracked at 45 second intervals, stirring in-between until fully warmed through



STOVE

1. Empty soup into a small sauce pan
2. Re-heat on your stop top on medium/medium-high heat, stirring occasionally until heated through - approximately 5-10 minutes
3. Enjoy!

MIDDLE EASTERN MINISTRONE



MICROWAVE

1. Pop the top of your TMC container
2. Microwave with the lid cracked at 45 second intervals, stirring in-between until fully warmed through



STOVE

1. Empty soup into a small sauce pan
2. Re-heat on your stop top on medium/medium-high heat, stirring occasionally until heated through - approximately 5-10 minutes
3. Enjoy!

MOROCCAN LENTIL STEW



MICROWAVE

1. Pop the top of your TMC container
2. Microwave with the lid cracked at 45 second intervals, stirring in-between until fully warmed through



STOVE

1. Empty soup into a small sauce pan
2. Re-heat on your stop top on medium/medium-high heat, stirring occasionally until heated through - approximately 5-10 minutes
3. Enjoy!

POTATO LEEK SOUP



MICROWAVE

1. Pop the top of your TMC container
2. Microwave with the lid cracked at 45 second intervals, stirring in-between until fully warmed through



STOVE

1. Empty soup into a small sauce pan
2. Re-heat on your stop top on medium/medium-high heat, stirring occasionally until heated through - approximately 5-10 minutes
3. Enjoy!

PUMPKIN SOUP



MICROWAVE

1. Pop the top of your TMC container
2. Microwave with the lid cracked at 45 second intervals, stirring in-between until fully warmed through



STOVE

1. Empty soup into a small sauce pan
2. Re-heat on your stop top on medium/medium-high heat, stirring occasionally until heated through - approximately 5-10 minutes
3. Enjoy!

THAI CARROT SOUP



MICROWAVE

1. Pop the top of your TMC container
2. Microwave with the lid cracked at 45 second intervals, stirring in-between until fully warmed through



STOVE

1. Empty soup into a small sauce pan
2. Re-heat on your stop top on medium/medium-high heat, stirring occasionally until heated through - approximately 5-10 minutes
3. Enjoy!

TOMATO BISQUE



MICROWAVE

1. Pop the top of your TMC container
2. Microwave with the lid cracked at 45 second intervals, stirring in-between until fully warmed through



STOVE

1. Empty soup into a small sauce pan
2. Re-heat on your stop top on medium/medium-high heat, stirring occasionally until heated through - approximately 5-10 minutes
3. Enjoy!

TUSCAN WHITE BEAN SOUP



MICROWAVE

1. Pop the top of your TMC container
2. Microwave with the lid cracked at 45 second intervals, stirring in-between until fully warmed through



STOVE

1. Empty soup into a small sauce pan
2. Re-heat on your stop top on medium/medium-high heat, stirring occasionally until heated through - approximately 5-10 minutes
3. Enjoy!

ZUPPA TOSCANA



MICROWAVE

1. Pop the top of your TMC container
2. Microwave with the lid cracked at 45 second intervals, stirring in-between until fully warmed through



STOVE

1. Empty soup into a small sauce pan
2. Re-heat on your stop top on medium/medium-high heat, stirring occasionally until heated through - approximately 5-10 minutes
3. Enjoy!

BACON CHEDDAR SCONE



MICROWAVE

1. Take out of TMC Packaging
2. Reheat in 15-30 second intervals until desired temp

BLUEBERRY OAT MUFFIN



MICROWAVE

1. Take out of TMC Packaging
2. Reheat in 15-30 second intervals until desired temp

BROCCOLI CHEDDAR MUFFIN



MICROWAVE

1. Take out of TMC Packaging
2. Reheat in 15-30 second intervals until desired temp

CHOCOLATE LOVERS BAKED OATS



MICROWAVE

1. Take out of TMC Packaging
2. Reheat in 15-30 second intervals until desired temp

CHOCOLATE PB PROTEIN DONUT



To enjoy warm: heat for 15-30 seconds in microwave

COCONUT BUTTER GLAZE



1. Reheat in microwave for 10-15 seconds
2. Stir, and enjoy!

CRUMB DONUT



To enjoy warm: heat for 15-30 seconds in microwave

GOAT CHEESE FROSTING



1. Defrost completely in the refrigerator, and then enjoy with your TMC pastry.
If still frozen, reheat for 15 seconds and then stir

KETO BLUEBERRY MUFFINS



1. Take out of TMC Packaging
2. Reheat in 15-30 second intervals until desired temp

LOW-CARB COFFEE CAKE



1. Take out of TMC Packaging
2. Reheat in 15-30 second intervals until desired temp

PALEO CINNAMON RAISIN BREAD



1. Take out of TMC Packaging
2. Reheat in 15-30 second intervals until desired temp

SAUSAGE MUFFINS



1. Take out of TMC Packaging
2. Reheat in 15-30 second intervals until desired temp

TAHINI BROWNIE



To enjoy warm: heat for 15-30 seconds in microwave

TAYLOR'S FAVORITE DONUT



To enjoy warm: heat for 15-30 seconds in microwave

VEGAN BANANA WALNUT BREAD



To enjoy warm: remove from packaging and heat for 15-30 seconds in microwave

VEGAN CHOCOLATE MUFFINS



To enjoy warm: heat for 15-30 seconds in microwave

BORRACHO BEANS



1. Pop the top of your TMC container to crack the lid
2. Microwave for 45 seconds
3. Stir and put the lid back, reheat for another 45 seconds
5. Stir again and enjoy!

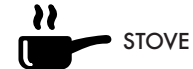


1. Heat in a non-stick skillet over medium heat
2. Add product to skillet and cook, stirring often, until warmed through
3. Enjoy!

CHANA MASALA



1. Pop the top of your TMC container to crack the lid
2. Microwave for 45 seconds
3. Stir and put the lid back, reheat for another 45 seconds
5. Stir again and enjoy!



1. Heat in a non-stick skillet over medium heat
2. Add product to skillet and cook, stirring often, until warmed through
3. Enjoy!

COCONUT LENTIL CURRY



1. Pop the top of your TMC container to crack the lid
2. Microwave for 45 seconds
3. Stir and put the lid back, reheat for another 45 seconds
5. Stir again and enjoy!



1. Heat in a non-stick skillet over medium heat
2. Add product to skillet and cook, stirring often, until warmed through
3. Enjoy!

KUNG PAO CHICKPEAS



1. Pop the top of your TMC container to crack the lid
2. Microwave for 45 seconds
3. Stir and put the lid back, reheat for another 45 seconds
5. Stir again and enjoy!



1. Heat in a non-stick skillet over medium heat
2. Add product to skillet and cook, stirring often, until warmed through
3. Enjoy!

LENTIL BOLOGNESE



MICROWAVE

1. Pop the top of your TMC container to crack the lid
2. Microwave for 45 seconds
3. Stir and put the lid back, reheat for another 45 seconds
5. Stir again and enjoy!



STOVE

1. Heat in a non-stick skillet over medium heat
2. Add product to skillet and cook, stirring often, until warmed through
3. Enjoy!

MARINATED GARBANZO BEANS



MICROWAVE

1. Pop the top of your TMC container to crack the lid
2. Microwave for 45 seconds
3. Stir and put the lid back, reheat for another 45 seconds
5. Stir again and enjoy!

MEATLESS MAGIC



MICROWAVE

1. Pop the top of your TMC container to crack the lid
2. Microwave for 45 seconds- 1 Minute
3. Stir and enjoy!



STOVE

1. Pre-heat a non-stick skillet on medium heat & add a small amount of your favorite fat to the skillet
2. Add Meatless Magic to the skillet and cook, stirring often, for approximately 3-5 minutes or until heated through
3. Enjoy!

STEWED BLACK BEANS



MICROWAVE

1. Pop the top of your TMC container to crack the lid
2. Microwave for 45 seconds
3. Stir and put the lid back, reheat for another 45 seconds
4. Stir again and enjoy!



STOVE

1. Heat in a non-stick skillet over medium heat
2. Add product to skillet and cook, stirring often, until warmed through
3. Enjoy!

VEGAN CHILI



MICROWAVE

1. Pop the top of your TMC container
2. Microwave with the lid cracked at 45 second intervals, stirring in-between until fully warmed through



STOVE

1. Empty soup into a small sauce pan
2. Re-heat on your stop top on medium/medium-high heat, stirring occasionally until heated through - approximately 5-10 minutes
3. Enjoy!

VEGAN JAMBALAYA



MICROWAVE

1. Pop the top of your TMC container
2. Microwave with the lid cracked at 45 second intervals, stirring in-between until fully warmed through



STOVE

1. Empty soup into a small sauce pan
2. Re-heat on your stop top on medium/medium-high heat, stirring occasionally until heated through - approximately 5-10 minutes
3. Enjoy!