

## Reheat instructions 1/26

### Lunch

- Sweet Potato Zuppa Toscana: sweet potatoes, sausage, kale, coconut milk, onion, garlic, nutmeg
  - Reheat in small pot on medium heat until simmering. Stir frequently to avoid burning!
- Grilled Chicken & Hummus Wrap, Shredded Carrots, Peppers, Cucumbers, Sprouts, Pepperoncini, Whole Wheat Tortilla
  - Best enjoyed chilled
- Pesto Chicken Salad, Lettuce Wraps
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- Red Zhoug Grilled Beef Kabobs, Labneh, Fattoush Salad
  - Preheat oven to 425 degrees. Reheat beef for roughly 12-15 minutes until heated but not dry. Enjoy with remaining ingredients chilled.

### Dinner

- Creamy Garlic Parmesan Chicken, garlic, parmesan, cream, green beans, roasted potatoes
  - Preheat oven to 420°F. Heat for 10-15 minutes or until the desired temperature is reached.
- Classic Meatloaf: beef and pork, sweet and tangy tomato glaze, garlic roasted broccoli, brown butter mashed potatoes
  - Preheat oven to 350°F. Heat for 15-20 minutes or until the desired temperature is reached.
- Salmon & Soba Noodle Bowl, Shiitake Mushroom Salad, Roasted Broccoli, Edamame, Black Sesame, Shoyu
  - Reheat uncovered in 425 degree oven for roughly 15-18 minutes until noodles are heated through and salmon skin is crispy
- Grilled Skirt Steak, Kimchi Fried Rice, Cilantro, Onions, Carrots, Peas, Broccoli, Peppers
- Preheat oven to 425 degrees. Reheat steak for 10-12 minutes until heated through. Add 1/4 cup of water to the rice and cover with foil. Reheat for 15-20 until rice is heated through
- Pernil Asado (Garlicky Pork Shoulder), Pinto Beans, Toasted Rice, Pumpkin Seed Salsa Macha, Brussels Sprouts
  - Preheat oven to 400 degrees. Reheat rice, beans, brussels sprouts, and pork for roughly 20 minutes until hot. Enjoy with topped with salsa macha
- Katsu Chicken, Thinly Shaved Cabbage Salad, Steamed Rice, Herbs Tonkatsu Sauce

- Preheat oven to 425 degrees. Reheat chicken uncovered separately for 15 minutes until hot and crispy. Cover rice with foil and reheat for 15ish minutes until steamed and heated throughout. Best enjoyed with sauces and cabbage chilled
- Slow Roasted Coriander Chicken, Jojo Sweet Potatoes, Green Beans, Green Romesco Dip
  - Oven: Preheat oven to 425°F. Reheat chicken green beans and sweet potatoes uncovered for roughly 15 minutes until heated through. Top with green romesco and enjoy!
- Jalapeno Pesto Spaghetti, Spinach, Blistered Cherry Tomatoes, Burrata, Cream, Pulled Short Rib
  - Preheat oven to 400 degrees. Add ¼ cup water and cover pasta with foil. Reheat for roughly 20 minutes until heated through and easy to stir. Enjoy!