

Your NLMP Meal Guide

Eating Order for Best Quality

Understanding Your Meal Priorities

Welcome to Next Level Meal Prep! We're thrilled to help you enjoy delicious, chef-crafted meals throughout your week. To ensure you experience the absolute best quality and texture from every dish, we've developed a simple guide for eating your meals in the optimal order. Think of it as a roadmap to peak flavor!

Priority Meals: Savor the Crunch!

Consume within **Day 1-2**

- 🔥 **Breaded items** like our famous Chicken Parmesan
- 🔥 **Crispy-coated dishes**

Why: These meals are at their absolute *best* when enjoyed fresh. The breading and coatings achieve their peak crispiness within the first 48 hours. While still incredibly delicious later in the week, you'll notice the most satisfying texture right away.

Standard Meals: Perfect All Week

Consume within **Day 1-5**

- ✅ **Most of our menu items**, including:
 - Herb-Crusted Chicken
 - Salmon
 - Pot Roast
 - Teriyaki Chicken
 - Fajitas
 - ...and many more!

Why: These dishes are specifically designed to hold their quality exceptionally well. In fact, the flavors often meld and deepen beautifully over the first few days, making them consistently delicious throughout the standard consumption window.

Extended Hold: Flavors Evolve

Consume within **Day 1-7**

- ★ **Stews and Braised Dishes**
- ★ **Curry-based meals**
- ★ **Pasta Dishes**

Why: These hearty and flavorful meals truly shine as time goes on. The extended period allows the complex flavors to fully develop and integrate, often making them even *more* delicious as the week progresses. Perfect for planning ahead!

Reheating Tips for Peak Enjoyment

- **Priority Meals (Crispy Items):** For the best texture, we recommend using an **oven or air fryer** at 350°F (175°C) for 8-10 minutes. This helps restore crispiness.
- **Standard & Extended Hold Meals:** A **microwave** works perfectly for these. Heat for 2-3 minutes, stirring halfway through to ensure even temperature.
- **Always:** Remove the lid or vent your meal before reheating to allow steam to escape.

Pro Tip: Spot Your Priority Meals!

Look for the 🔥 **badge** on your meal labels! We mark our Priority Meals so you can easily identify which ones to enjoy first for that ultimate fresh, crispy experience.

Our Commitment to Quality

Every meal at Next Level Meal Prep is chef-crafted with the finest **organic, non-GMO ingredients**, prepared fresh daily in our A-rated commercial kitchen. To maintain this exceptional quality throughout the week, please ensure your meals are stored properly at **41°F (5°C) or below**.

Enjoy your perfectly prepared meals, all week long!