

MICROWAVE INSTRUCTIONS



Delicious, Chef Prepared, Meals in 7 minutes!

Cooking From Frozen

- Pop the lid on your frozen entrée
- Leave lid sitting on meal
- Place in microwave
- Set microwave for 7 minutes

(Cooking times will vary depending on the power of your microwave)

Cooking Thawed Meals

- Pop the lid on your thawed entrée
- Leave lid sitting on meal
- Place in microwave
- Set microwave for 4 minutes

(Cooking times will vary depending on the power of your microwave)

If you choose to thaw your meal ahead of cooking. PLEASE, do this in the fridge!



PIQUETTE FROZEN MEALS

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