



REHEATING INSTRUCTIONS

Meats/Jackfruit/Mac & Cheese: Fill a large pot with water and bring to a simmer. Add the vacuum sealed bag(s) into the water and in approximately 20-30 minutes your food will be ready!

OR

Fire up your grill and put our ribs on for about 10 minutes each side while brushing on our maple barbecue sauce.

OR

You can also add our Mac & Cheese to a frying pan with some milk or cream and heat it up even faster!

Remove the cornbread from the bag and place in the oven at 300F for 5 minutes.

Everything has been sealed fresh so it will last approximately 2 weeks in the fridge. You can put it in the freezer and have it last up to 6 months.

Thank you for your support!
Check out our Youtube channel to see recipes
you can make with this food!

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