



Cooking Tips

1. Thaw your meals ahead of time by placing in the refrigerator. Once thawed, your meals are good for 4 days. Do not refreeze.
2. Cornflake Baked Chicken, Potatoes, any *breaded* item:
 - If you want to crisp up any items breaded such as the Corn Flake Baked Chicken, then use your oven or toaster oven to reheat. Make a loose tent in tin foil, spray with *pam*. Heat 5-10 minutes. Or, you can reheat stovetop in a non-stick skillet, get pan hot first, then spray lightly with *pam* or use 1-2 teaspoons of olive oil. Add chicken and potatoes and heat until crispy...my favorite way. Add a little ketchup and you won't be craving French Fries anymore!
3. Smart Burritos:
 - Break open wrap or paper on burrito prior to microwaving. Reheat for 1.5 minutes and remember you can always add an extra 30 seconds, try not to over reheat.
 - For a crispy, firm tortilla use tin foil and spray with *pam*. Unwrap burrito and place inside, loosely enclosing. Heat in your toaster oven or regular oven for 5-10 minutes or until heated.
 - Add lite sour cream or salsa on top and you can add a serving of baked tostido's!
4. Cuban Chicken Combo Meal:
 - This is delicious when you add a teaspoon or two of lite sour cream and mix through.
5. Sizzling Sirloin with Brown Rice & Quinoa:
 - After reheating, add *pico de gallo*. You can eat like that or add a little to a corn tortilla and make tacos!
6. When thawing your meals, it helps take a *sharpie* and jot down the date you took out as the labels have the cook date and freeze by date on there. When you write the date you can then eat it within the 4-5 days. When reheating, you can always do on 70-80% power for a few minutes, try not to over reheat your meals.
7. Finally, don't be afraid to add any of your own favorites to your meals, hot sauce, salsa, a certain extra seasoning. Smart Meals® can be the staple in your diet, healthy lower calorie/lower fat items you can mix in with the rest of your plan.

For questions, please call **713.868.9800** or email **Sharon@smartmeals.com**