

MATTHEW / MAY

NAME:

ADDRESS:

PHONE:

Meal Plan Diet & Nutritional Assessment

12 meals-\$216

3 entrees (4 portions) 2 side dishes (6 portions of each) 2 vegetables (6 portions of each)

16 meals-\$256

4 entrees (4 portions) 2 side dishes (8 portions of each) 2 vegetables (8 portions of each)

24 meals-\$336

4 entrée (6 portions) 3 side dishes (8 portions of each) 3 vegetables (8 portions of each)

- Food Allergies:
- Food Intolerances:
- Your ultimate reason for purchasing Matthew's meal prep service:
- Do you want your entrées packaged (WITH) the side dishes in one container? Or each menu item to be packaged (SEPARATELY)?
- How many people in your family will be eating this food?
- Your diet or nutritional goals?
- Do you wish to freeze your meals? (YES) (NO)
- Proteins: please ✓ all that you and your family prefer/enjoy:
Beef- Chicken- Turkey- Pork- Fish-
Shellfish- Tofu- Eggs- Beans/Legumes-

- Side Dish Favorites: (Rice Dishes/Potato Dishes/Pasta Dishes/Bean Dishes):
- Vegetable Favorites:
- “Do not make” List:
- ‘Ok-to-use’ Spice/Herb List: please ✓ all that you and your family eat.
 Garlic- Salt- Pepper- Red Pepper- Parsley- Cilantro-
 Basil- Oregano- Thyme- Chive- Dill- Cinnamon-
 Chili Powder- Hot Sauce- Ginger- Fennel- Cumin-
 Nutmeg- Paprika- Sage- Turmeric- Rosemary- Paprika-
- Spicy Foods? (YES) (NO)
- **Notes**

*Any meals containing seafood must be eaten within 2 days, if not frozen.

All meals must be eaten within 5 days, if not frozen.

If freezing any meal, allow to thaw for one day in the refrigerator before heating.

Do **NOT** thaw any foods on the counter at room temperature!

Do **NOT** reheat your food more than once.

MICROWAVE HEATING INSTRUCTIONS

Microwave with turntable: loosen lid and turn slightly so that steam can escape while heating. Heat on high for 2 minutes. With fork, move food around slightly and check that everything is heated through to 165°F. If not, heat on high for another 30 seconds until your entire meal is heated through to 165°F

Microwave without turntable: loosen lid and turn slightly so that steam can escape while heating. Heat on high for 2 minutes. With fork, move food around slightly, replace tilted cover, rotate food container 180 degrees (halfway around) and heat on high for 30 seconds at a time, until your entire meal is heated through to 165°F