WEEKLY MEAL PREP CONTAINER LABELS & REHEAT GUIDE

10 Cut-Out Meal Container Labels (3.5 x 2 in) | Food Safety Expiration Dates | Exact Microwave & Oven Reheating

CHEF MEAL PREP CONTAINER #1

Entrée: _____

Prep Date: _____ **Eat-By:** _____

REHEAT INSTRUCTIONS (CORE TEMP 165 F):

[ ] Microwave (Vent lid, 2-3 mins, stir midway)

[ ] Oven (Cover foil, 350 F for 15-20 mins)

[ ] Gluten-Free | [ ] Dairy-Free | [ ] High-Protein | [ ] Freezable

CHEF MEAL PREP CONTAINER #2

Entrée: _____

Prep Date: _____ **Eat-By:** _____

REHEAT INSTRUCTIONS (CORE TEMP 165 F):

[ ] Microwave (Vent lid, 2-3 mins, stir midway)

[ ] Oven (Cover foil, 350 F for 15-20 mins)

[ ] Gluten-Free | [ ] Dairy-Free | [ ] High-Protein | [ ] Freezable

CHEF MEAL PREP CONTAINER #3

Entrée: _____

Prep Date: _____ **Eat-By:** _____

REHEAT INSTRUCTIONS (CORE TEMP 165 F):

[ ] Microwave (Vent lid, 2-3 mins, stir midway)

[ ] Oven (Cover foil, 350 F for 15-20 mins)

[ ] Gluten-Free | [ ] Dairy-Free | [ ] High-Protein | [ ] Freezable

CHEF MEAL PREP CONTAINER #4

Entrée: _____

Prep Date: _____ **Eat-By:** _____

REHEAT INSTRUCTIONS (CORE TEMP 165 F):

[ ] Microwave (Vent lid, 2-3 mins, stir midway)

[ ] Oven (Cover foil, 350 F for 15-20 mins)

[ ] Gluten-Free | [ ] Dairy-Free | [ ] High-Protein | [ ] Freezable

CHEF MEAL PREP CONTAINER #5

Entrée: _____

Prep Date: _____ **Eat-By:** _____

REHEAT INSTRUCTIONS (CORE TEMP 165 F):

[ ] Microwave (Vent lid, 2-3 mins, stir midway)

[ ] Oven (Cover foil, 350 F for 15-20 mins)

[ ] Gluten-Free | [ ] Dairy-Free | [ ] High-Protein | [ ] Freezable

CHEF MEAL PREP CONTAINER #6

Entrée: _____

Prep Date: _____ **Eat-By:** _____

REHEAT INSTRUCTIONS (CORE TEMP 165 F):

[ ] Microwave (Vent lid, 2-3 mins, stir midway)

[ ] Oven (Cover foil, 350 F for 15-20 mins)

[ ] Gluten-Free | [ ] Dairy-Free | [ ] High-Protein | [ ] Freezable

CHEF MEAL PREP CONTAINER #7

Entrée: _____

Prep Date: _____ **Eat-By:** _____

REHEAT INSTRUCTIONS (CORE TEMP 165 F):

[ ] Microwave (Vent lid, 2-3 mins, stir midway)

[ ] Oven (Cover foil, 350 F for 15-20 mins)

[ ] Gluten-Free | [ ] Dairy-Free | [ ] High-Protein | [ ] Freezable

CHEF MEAL PREP CONTAINER #8

Entrée: _____

Prep Date: _____ **Eat-By:** _____

REHEAT INSTRUCTIONS (CORE TEMP 165 F):

[ ] Microwave (Vent lid, 2-3 mins, stir midway)

[ ] Oven (Cover foil, 350 F for 15-20 mins)

[ ] Gluten-Free | [ ] Dairy-Free | [ ] High-Protein | [ ] Freezable

CHEF MEAL PREP CONTAINER #9

Entrée: _____

Prep Date: _____ **Eat-By:** _____

REHEAT INSTRUCTIONS (CORE TEMP 165 F):

[ ] Microwave (Vent lid, 2-3 mins, stir midway)

[ ] Oven (Cover foil, 350 F for 15-20 mins)

[ ] Gluten-Free | [ ] Dairy-Free | [ ] High-Protein | [ ] Freezable

CHEF MEAL PREP CONTAINER #10

Entrée: _____

Prep Date: _____ **Eat-By:** _____

REHEAT INSTRUCTIONS (CORE TEMP 165 F):

[ ] Microwave (Vent lid, 2-3 mins, stir midway)

[ ] Oven (Cover foil, 350 F for 15-20 mins)

[ ] Gluten-Free | [ ] Dairy-Free | [ ] High-Protein | [ ] Freezable