

# Personal Trainer Food™

Great Taste, Small Waist™

# Heating Instructions

\*All PTF food products are pre-cooked and simply require heating.

Personal Trainer Food™ delivers great tasting, nutritionally dense food, pre-cooked, in special bistro steamer bags requiring just a couple of minutes in a microwave.



## How to Heat Your Food:



**1.** Place your meal selections, still in the bistro bag, on a plate in the microwave. Do not cut or poke holes in the bistro bag. This will reduce the steaming effect.

**2.** Microwave your food for the recommended length of time listed on the bistro bag.

**Breakfast: 1.5-2 minutes**

**Meats & Vegetables (together): 3-4 minutes**

*\*Microwaves can vary so you may need to adjust your heating times.*

**3.** After heating, carefully open your bistro bag, eat, and enjoy!

**>> CAUTION: Food, bags, and escaping steam may be hot! <<**

Watch our heating video online: [PersonalTrainerFood.com/Heating-instructions.php](http://PersonalTrainerFood.com/Heating-instructions.php)