

Welcome to the family!

The meals inside this box could change your life.
Here are a few steps to help ensure a great experience...



1 Unpacking your ModifyHealth meals

When you first open your delivery, the meals should be cold to the touch (they may be frozen). You'll want to place them in your refrigerator or freezer. Each meal will last 7-10 days in your fridge or up to 3 months in your freezer.

2 Heating your ModifyHealth meals

Our meals can be heated in a microwave, oven, or on the stovetop. It's completely up to you! If you choose the microwave, make sure to heat for 1-2 minutes if thawed or 3-5 minutes if the meal is frozen. See the label on the packaging for further instructions.

3 Enjoying your delicious meals

After heating, we suggest transferring the food from the packaging to a plate for the best experience. Also, feel free to season your meals to taste with heart-healthy seasonings.

4 Recycling: A healthier you, a healthier planet

All of our packaging is recyclable, and we would love to work together to take care of our planet by recycling the packaging that your meals were delivered in as well as the meal trays and film. For more details on recycling, please visit [modifyhealth.com/pages/recycle](https://www.modifyhealth.com/pages/recycle).

5 Selecting meals for future orders

Simply log in to the Nourish app or patient portal to place your next order.

Thank you for choosing us to be your guide on your journey to better health!