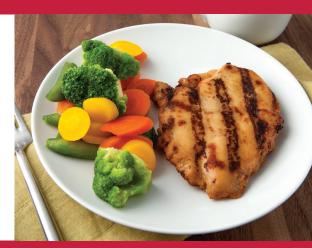
Personal Trainer Food

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:



Place your meal • selections, still in the **4**• food for 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.



Microwave your recommended length of time listed on the bistro bag.

Breakfast: 1.5-2 minutes

Meats & Vegetables (together): 3-4 minutes

*Microwaves can varv 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! <<