REHEAT & STORAGE GUIDE

For Clients of Your Personal Chef Service
Become A Personal Chef™ Resource Library

Clear instructions = fewer questions + perfect eating experience.

SECTION 1 — General Reheating Rules

- Always reheat to **165°F internal temperature**.
- Reheat **with the lid slightly open** to retain moisture.
- Add a splash of water, broth, or sauce if food looks dry.
- Stir halfway for even heating.

SECTION 2 — Reheating Instructions by Method

Microwave (Fastest)

- Remove lid → place loosely on top
- Heat 1–3 minutes
- Stir halfway
- Let rest 1 minute

Best for: bowls, stews, grains, vegetables.

Oven (Best Flavor)

- Preheat to 325°F
- Transfer to oven-safe dish
- Cover with foil
- Heat 10–20 minutes

Best for: roasted meats, casseroles, baked dishes.

Stovetop (For Soups & Sauces)

- Add to pan with splash of liquid
- Low-medium heat
- Stir until hot and steamy

Air Fryer (For Crispy Foods)

- 350°F for 5–8 minutes
- Works great for roasted potatoes, chicken, vegetables

SECTION 3 — Storage Times (Home Fridge)

- Cooked proteins: **3–4 days**
- Soups/stews: **4–5 days**
- Cooked grains: **3–4 days**
- Roasted vegetables: **3–4 days**
- Sauces/dressings: **5–7 days**
- Fresh salads: **1–2 days**

SECTION 4 — Freezing Guidelines

Best candidates for freezing:

☐ Soups
☐ Stews
☐ Braises
☐ Chilis
☐ Cooked grains
☐ Breakfast items (muffins, burritos, egg bites)

Avoid freezing:

☐ Leafy greens
☐ High-water vegetables
☐ Dairy-heavy sauces
☐ Delicate fish
