

COOKING INSTRUCTIONS

SUITABLE FOR IDDSI LEVELS **5** & **6** DIETS


THICK & EASY®

IDDSI LEVEL **5
READY MEATS**



STORE RESEALABLE BAG IN FREEZER OR REFRIGERATOR

1. Choose your protein
2. Take what you need, and return bag to storage
3. Add your sauce
Combine 3-4 tbsp. sauce per 1/2 cup meat
4. Cook combined meat and sauce to 165°F
Stove top or microwave
5. Test for Level 5 consistency (per IDDSI Guidelines)



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