

Thanks for your order with us!

Please do not hesitate to get in touch if you have any compliments, queries or complaints. Email us at talktous@ketokitchenlytham.co.uk

STORAGE

We create the meals fresh each week and don't add any extra preservatives to the dishes, so we recommend storing days 1 & 2 in the fridge and days 3 onwards in the freezer. As soon as you unpack your order, please freeze or refrigerate the meals accordingly and defrost in your fridge 24 hours prior to use. Bread can be stored in the fridge for up to 5 days, past this point the bread should be frozen.

Jams, yoghurt & cream pots, pancakes, naan bread and bread rolls MUST be stored in the fridge upon arrival. Jams and yoghurt & cream pots are suitable to be stored in the fridge for the duration of a 7 day plan, all other products should be frozen accordingly, depending on which days they are featured on within the plan. Thaw at room temperature for 1 hour. Granola and syrups can be kept at room temperature or in the fridge.

REHEATING

All main meals will be packaged in microwaveable containers ready for reheating. Soups come in foil lined pouches so need to be removed into a bowl, mug or overproof dish. To reheat, remove soup and pierce the film on food trays (if the meals have a sauce pot inside – remove first), microwave on full power for 90 seconds, leave for 1 minute and then heat for another minute at full power. Alternatively, place food in ovenproof dish, cover loosely with foil and bake in preheated oven (160 C) for 10 – 15 minutes. Please ensure food is piping hot in the centre before eating. Bread rolls and naan bread can be microwaved but we recommend heating them in an oven for 2 minutes.

PIZZAS

If frozen, fully thaw at room temperature before cooking. For best results, use an upturned baking tray. Pre heat baking tray and oven to 200C. Remove the pizza from the box using the greaseproof paper under the pizza and place on the pre heated baking tray. Cook for 5-8 minutes.

CAKES & CHEESECAKES

Cakes should be kept in the fridge and can also be frozen for up to 3 months. Cheesecakes need to be kept in the fridge and can be frozen for up to 3 months, although the texture may change slightly when defrosted.