

tastefullysimple®

Cutting Carbs 10-Meal Kit – Week A Fall-Winter 2020 • Grocery List

Baked Chicken & Broccoli

Fiesta Chicken

Side: Fiesta Cauliflower Rice

Pork Carnita Burrito Bowls

Roasted Salmon with Tomatoes, Kale & Fennel

Salisbury Steak Meatballs with Onion Gravy

Side: Spinach & Herb Mashed Cauliflower

Produce

- 1 poblano chile pepper
- 1 (8 ounce) package sliced fresh baby bella mushrooms
- ½ cup fresh button mushrooms
- 1 medium zucchini
- 1 lemon

Meat/Seafood

- 1½ pounds boneless skinless chicken breasts
- 1½ pounds boneless skinless chicken thighs and/or breasts
- 1 (2 pound) boneless pork loin roast
- 1½ pounds lean ground beef
- 6 (4 ounce) salmon fillets, skin removed (your butcher can do this)

Dry Grocery

- 1 (16 ounce) jar salsa verde
- 3 cups unsalted chicken broth or stock
- 1 cup quinoa
- 1 tablespoon capers
- 1 tablespoon + 1 teaspoon Dijon mustard
- Salt and pepper

Refrigerated/Dairy

- 1 large egg

Frozen

- 1 (16 ounce) package frozen broccoli florets

Tastefully Simple Products

Avocado Oil

Fiesta Party Seasoning™

Garlic Garlic™ Seasoning

Onion Onion™ Seasoning

Spinach & Herb Seasoning

Ultimate Steak™ Seasoning

Misc. Items Needed for Freezer Meal

Prep

- 8 (1-gallon) resealable freezer bags
- 6 (1-quart) resealable freezer bags
- Measuring cups/spoons
- Scissors
- Fork and sharp knife
- Cutting board
- Wax paper
- Fork/tongs for handling raw meat (if meat is not already precooked and bagged)
- Cooler if attending a workshop

Additional Items Needed for Serving

Baked Chicken & Broccoli

- 1 (8 ounce) package fresh sliced button mushrooms
- ¾ cup reduced sodium chicken broth
- 1 (13.5 ounce) can full fat coconut milk
- ¼ cup tapioca starch or cornstarch

Fiesta Chicken

- 3 cups chopped kale or spinach
- 1 cup reduced sodium chicken broth
- 1 (14.5 ounce) can fire-roasted diced tomatoes

Pork Carnita Burrito Bowls

- Toppings such as salsa, roasted corn, shredded cheese, sautéed bell peppers and onions, guacamole, sour cream

Roasted Salmon with Tomatoes, Kale & Fennel

- 5 ounces chopped kale (6 cups)
- 1 fennel bulb
- 1 (10.5 ounce) container cherry tomatoes

Salisbury Steak Meatballs with Onion Gravy

- 2½ cups unsalted beef broth or stock
- 2 tablespoons gluten-free soy sauce or tamari sauce
- ¼ cup arrowroot powder or cornstarch

Don't Forget the Sides**Fiesta Cauliflower Rice**

- 2 (10 ounce) packages frozen riced cauliflower

Spinach & Herb Mashed Cauliflower

- 2 (16 ounce) packages frozen cauliflower florets