

tastefullysimple®

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

Baked Tilapia & Veggie Foil Packets

Coconut Cashew Crusted Chicken

Side: Roasted Broccoli

Fiesta Turkey Burgers

Side: Fiesta Kale Salad

Seared Steak with Garlicky Mushrooms

Ultimate Bacon Pork Tenderloin

Side: Ultimate Roasted Brussels Sprouts

Produce

- 1 pound fresh or frozen whole green beans
- 36 grape tomatoes (about 1 dry pint)
- 1 medium zucchini
- 1½ cups matchstick carrots
- 1 lemon
- ½ red bell pepper
- 2 ripe avocados
- 1 lime
- 2 tablespoons fresh cilantro
- 1 (8 ounce) package sliced baby bella mushrooms

Meat/Seafood

- 6 tilapia fillets (about 1½ pounds)
- 6 boneless skinless chicken breast cutlets (about 1¾ pounds)
- 1½ pounds lean ground turkey
- 2 (¾-1 pound) pork tenderloins
- 6-8 bacon slices
- 1½ pounds ribeye steak, flat-iron steak or sirloin steak

Dry Grocery

- 1½ cups lightly salted cashew halves and pieces
- ½ cup unsweetened coconut flakes
- ¼ cup arrowroot powder or cornstarch

Refrigerated/Dairy

- 3 large eggs

Misc. Items Needed for Freezer Meal Prep

- 11 (1-gallon) resealable freezer bags
- 3 (1-quart) resealable freezer bags
- Measuring cups/spoons
- Scissors
- Food processor or blender
- 3 shallow dishes
- Fork and sharp knife

Tastefully Simple Products

Avocado Oil

Fiesta Party Seasoning™

Garlic Garlic™ Seasoning

Onion Onion™ Seasoning

Spinach & Herb Seasoning

Ultimate Steak™ Seasoning

- Cutting board
- Heavy duty aluminum foil
- Plastic wrap
- 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

Coconut Cashew Crusted Chicken

- Olive oil cooking spray
- ⅔ cup mayonnaise
- 2 tablespoons honey
- 1 tablespoon Dijon mustard

Fiesta Turkey Burgers

- 2 medium tomatoes

Seared Steak with Garlicky Mushrooms

- 1 tablespoon ghee or olive oil

Don't Forget the Sides

Roasted Broccoli

- 3 heads fresh broccoli

Fiesta Kale Salad

- ⅓ cup mayonnaise
- ¼ cup canned light coconut milk
- 1 tablespoon apple cider vinegar or red wine vinegar
- 9 cups chopped kale leaves
- 1 red bell pepper
- 1 medium cucumber
- 1 ripe avocado
- Optional: ½ cup canned or frozen whole kernel corn

Ultimate Roasted Brussels Sprouts

- 1½ pounds Brussels sprouts