

Freezer Meal Workshop Prep Week B

Fall-Winter 2020 Cutting Carbs 10-Meal Kit

Get started:

- When assembling all 5 meals use the grocery list provided.
- When assembling select meals, use the customizable grocery list found on tastefullysimple.com/meals

Attending a Freezer Meal Workshop?

Complete Part 1 at home. Part 2 will be completed at the workshop.

At-home prep:

Two different ways to prep:

1. Assemble each recipe from start to finish following Parts 1 and 2.
2. Complete Part 1 to label and bag all meats. Then, complete Part 2 for each recipe.

Recipe	Part 1	Part 2
<p>Baked Tilapia & Veggie Foil Packets</p>	<p>No Prep.</p>	<p>Divide among 6 (18x15-inch) pieces heavy-duty aluminum foil:</p> <ul style="list-style-type: none"> • 1 pound fresh or frozen whole green beans, trimmed • 36 grape tomatoes (about 1 dry pint) • 1 medium zucchini, cubed • 1½ cups matchstick carrots <p>Drizzle each packet with:</p> <ul style="list-style-type: none"> • ½ teaspoon Avocado Oil • ¼ teaspoon Ultimate Steak™ Seasoning <p>Top veggies with:</p> <ul style="list-style-type: none"> • 6 tilapia fillets (about 1½ pounds) <p>Sprinkle each fillet with:</p> <ul style="list-style-type: none"> • ½ teaspoon Spinach & Herb Seasoning • ⅛ teaspoon Garlic Garlic™ Seasoning <p>Top fillets with:</p> <ul style="list-style-type: none"> • Lemon slices (from 1 lemon) <p>Bring together 2 sides of foil; seal edges, making a ½-inch fold. Fold again, allowing space for heat circulation. Fold each side to seal.</p> <p>Label 2 (1-gallon) freezer bags “Baked Tilapia & Veggie Foil Packets”. Place foil packets in bags. Seal well and freeze.</p>

<p>Coconut Cashew Crusted Chicken</p>	<p>Label a quart freezer bag "Coconut Cashew Crusted Chicken".</p> <p>Place 6 boneless skinless chicken breast cutlets (about 1¼ pound) in bag.</p>	<p>In food processor or blender, pulse until finely ground, scraping sides occasionally:</p> <ul style="list-style-type: none"> • 1½ cups lightly salted cashew halves and pieces • ½ cup unsweetened coconut flakes • 2 teaspoons Spinach & Herb Seasoning • 2 teaspoons Onion Onion™ Seasoning • 1 teaspoon Garlic Garlic™ Seasoning <p>Transfer to a shallow dish.</p> <p>In second shallow dish, whisk together:</p> <ul style="list-style-type: none"> • 2 large eggs • 2 tablespoons water <p>Place in third shallow dish:</p> <ul style="list-style-type: none"> • ¼ cup arrowroot powder or cornstarch <p>Dust chicken cutlets in powder, dip in egg and dredge in cashew mixture. Wrap each cutlet in plastic wrap.</p> <p>Label a gallon freezer bag "Coconut Cashew Crusted Chicken – Step 2". Place wrapped cutlets in bag. Seal well and freeze.</p> <p>Save for serving:</p> <ul style="list-style-type: none"> • 1 teaspoon Garlic Garlic Seasoning
<p>Fiesta Turkey Burgers</p>	<p>Label a gallon freezer bag "Fiesta Turkey Burgers".</p> <p>Place 1½ pounds lean ground turkey in bag.</p>	<p>Add to bag with turkey and mix to combine:</p> <ul style="list-style-type: none"> • ½ cup diced red bell pepper • 1 large egg, beaten • 2 teaspoons Onion Onion Seasoning • 1½ teaspoons Fiesta Party Seasoning™ • 1 teaspoon Garlic Garlic Seasoning <p>Label a gallon freezer bag "Fiesta Turkey Burgers – Step 1". Form mixture into 6 patties and place in bag between sheets of wax paper.</p> <p>In small bowl, combine and mash to desired consistency:</p> <ul style="list-style-type: none"> • 2 ripe avocados, pitted and peeled • 2 tablespoons chopped fresh cilantro • 2 teaspoons fresh squeezed lime juice • 2 teaspoons Onion Onion Seasoning • 1½ teaspoons Fiesta Party Seasoning • Salt as desired <p>Label a quart freezer bag "Fiesta Turkey Burgers – Step 2". Transfer guacamole into bag.</p> <p>Label a gallon freezer bag "Fiesta Turkey Burgers". Place bags 1 and 2 inside. Seal well and freeze.</p> <p>Save for serving:</p> <p>1 tablespoon Avocado Oil</p>

<p>Seared Steak with Garlicky Mushrooms</p>	<p>Label a gallon freezer bag "Seared Steak with Garlicky Mushrooms – Step 1".</p> <p>Place 1½ pounds ribeye steak, flat-iron steak or sirloin steak in bag.</p>	<p>Season steak in bag with:</p> <ul style="list-style-type: none"> • 2 teaspoons Ultimate Steak™ Seasoning <p>Label a gallon freezer bag "Seared Steak with Garlicky Mushrooms – Step 4". Add to bag:</p> <ul style="list-style-type: none"> • 1 (8 ounce) package sliced baby bella mushrooms • 2 teaspoons Garlic Garlic™ Seasoning <p>Label a gallon freezer bag "Seared Steak with Garlicky Mushrooms". Place bags 1 and 4 inside. Seal well and freeze.</p> <p>Save for serving:</p> <p>1 tablespoon Avocado Oil</p>
<p>Ultimate Bacon Pork Tenderloin</p>	<p>Label a gallon freezer bag "Ultimate Bacon Pork Tenderloin".</p> <p>Trim fat from 2 (¾-1 pound) pork tenderloins and place to bag.</p> <p>Label a quart freezer bag "Ultimate Bacon Pork Tenderloin".</p> <p>In a large skillet over medium-high heat, fry 6-8 bacon slices until partially cooked but not browned; remove to clean paper towels; cool. Place in bag.</p>	<p>Remove tenderloins from bag and season with:</p> <ul style="list-style-type: none"> • 2-3 teaspoons Ultimate Steak Seasoning <p>Wrap with:</p> <ul style="list-style-type: none"> • Partially cooked bacon <p>Wrap each tenderloin with plastic wrap.</p> <p>Label a gallon freezer bag "Ultimate Bacon Pork Tenderloin". Place wrapped tenderloins in bag. Seal well and freeze.</p>