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healthy cooking made easy™

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Bring good karma to your kitchen.

Savor the flavor of this far out, far East dish that will impress anyone with curry-ious taste buds. Cook-inspired with this delectable curry (in a hurry) meal. Plump sweet raisins pair perfectly with peas, coconut flakes and other exotic flavors to make this wholesome brown rice dish a welcome mealtime guest.

Karara
(that's Punjabi for Tasty!)

After learning that better eating begins at home, I created a simple solution for nutritious homecooked meals that works for today's hectic schedules. I hope these meals help you and your family, just as they've helped me and mine!

Keith Lauver
Founder & CEO



Our meals are based on leaner protein, lower sugar, and higher fiber so you feel full with fewer calories.

PER SERVING, PREPARED

370 CALORIES	2.5g SAT FAT 10% DV	180mg SODIUM 8% DV	12g SUGARS	5g FIBER 20% DV	34g PROTEIN
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punjabi curry
with coconut and brown rice

all natural gluten free non-GMO

FAMILY SIZE



NET WT 7.9 OZ (223g)

serving suggestion

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Nutrition Facts

Serving Size 1/3 C as pkgd (55g)
1 1/2 C prepared
Servings Per Container 4

Amount Per Serving	Mix	Prepared
Calories	190	370
Fat Cal	20	80

	% Daily Value **	
Total Fat 2.5g*	4%	14%
Sat Fat 1.5g	8%	13%
Trans Fat 0g		
Cholesterol 0mg	0%	28%
Sodium 15mg	1%	8%
Total Carb 39g	13%	13%
Fiber 5g	20%	20%
Sugars 12g		

Protein 5g

Vitamin A	6%	6%
Vitamin C	8%	10%
Calcium	4%	4%
Iron	10%	15%

* Amount in Mix. As prepared, one serving provides 9g Fat, 85mg Chol., 180mg Sodium, 39g Total Carb., 5g Fiber, and 34g Protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Allergen Statement: Contains tree nuts (coconut)

Ingredients: Brown Rice, Seedless Raisins, Peas*, Onion*, Shredded Coconut, Curry Powder (spices, cloves), Garlic*, Cilantro*, Spices. *Dried

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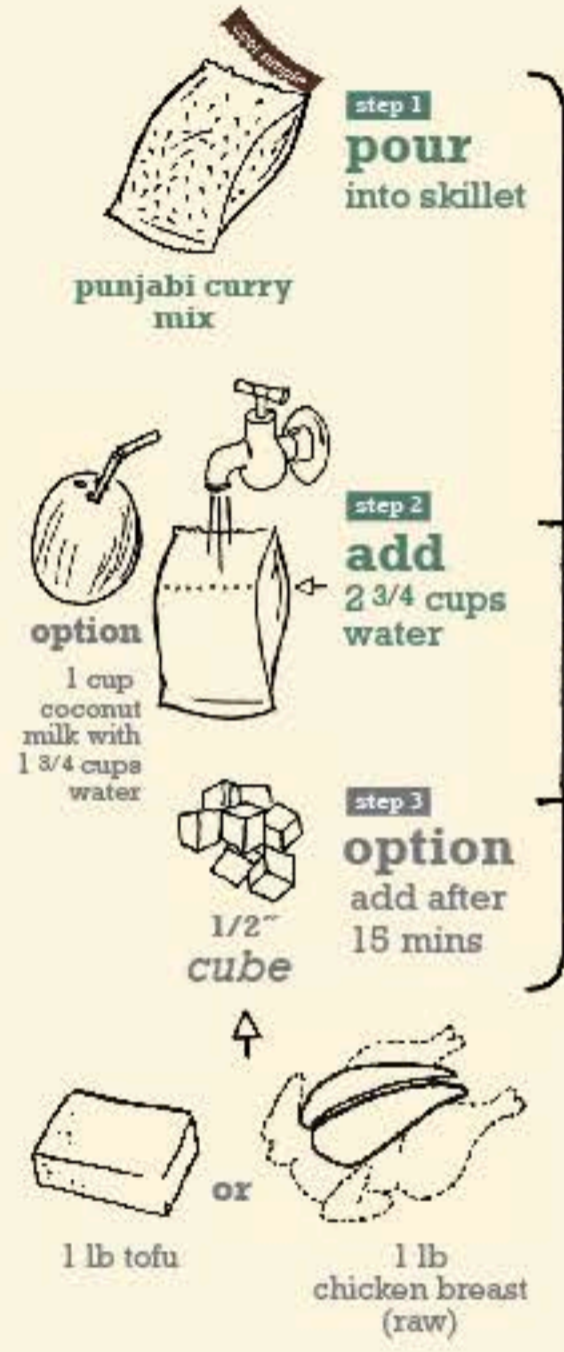


and other charities in communities nationwide.

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16 N Broadway, Red Lodge, MT 59068
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punjabi curry

ready in about 30 minutes



made your way
• add up to 1/2 cup water if dry
• season to taste with salt

shopping list
• 1 lb chicken breast (raw) or tofu
• 1 cup coconut milk

optional toppings

- plain yogurt
- sautéed eggplant
- shredded coconut

variations

- naan wraps

go to cooksimplemeals.com for tasty recipes and serving suggestions

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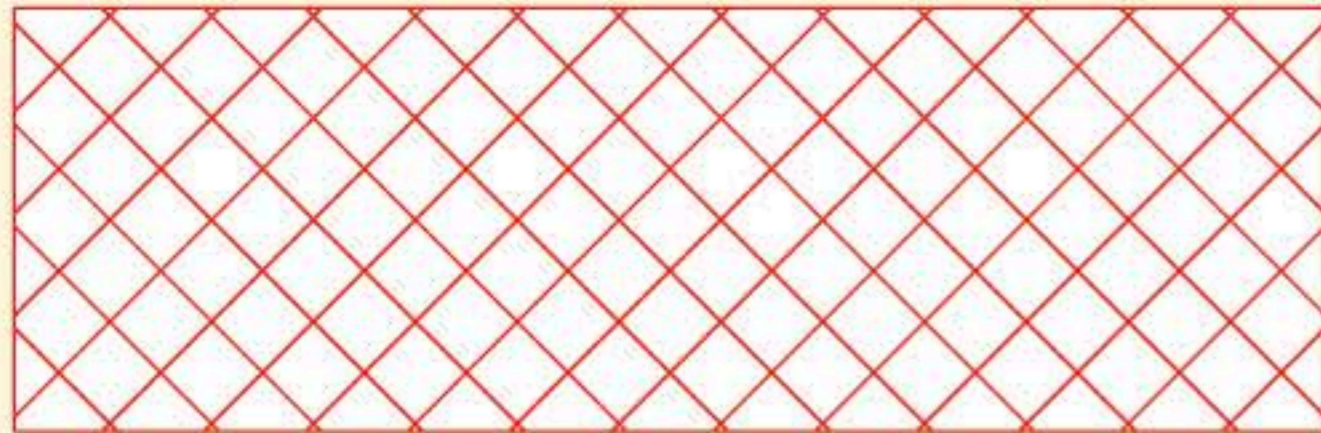
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skillet lasagna

ready in about 30 minutes

option

1 lb ground turkey **browned**
8 mins in pot before continuing

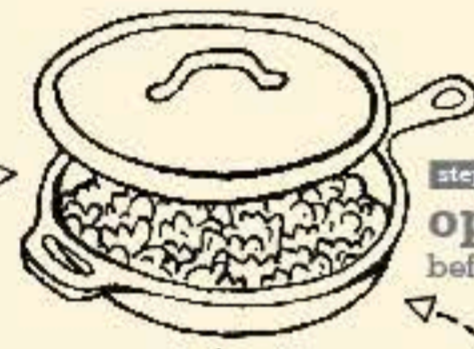
step 2
pour
into skillet

skillet lasagna mix

step 3
add
2 3/4 cups water

step 4
add
14.5 oz crushed tomatoes

step 5
high
until boil



step 7
option
before serving

step 6
medium
simmer covered
20 mins or
until noodle is tender

4-6 oz shredded cheese

made your way

- add up to 1/2 cup water to taste
- season to taste with salt & pepper

shopping list

- 1 lb ground turkey
- 14.5 oz can of crushed tomatoes
- 4-6 oz parmesan, asiago, or ricotta cheese

optional toppings



fresh basil



sautéed spinach



gorgonzola cheese & cherry tomatoes

variations



italian soup

go to cooksimplemeals.com for tasty recipes and serving suggestions

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From my mama's table to yours.

The name Lasagna originates from the pot in which it was cooked. Irony? Perhaps. But our Skillet Lasagna comes full circle in this irresistible, better-for-you, no-bake pasta dish. We've infused our version with even more Italian flavors like fresh Roma tomatoes, aromatic Italian herbs, and delicious quinoa and corn noodles.

All in one dish — "Mangia!"

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Keith Lauver
Founder & CEO



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PER SERVING, PREPARED

310	6%	740	6%	7	17%
CALORIES	SAT FAT	SODIUM	SUGARS	FIBER	PROTEIN
	10% DV	10% DV		25% DV	

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skillet lasagna

with corn and quinoa pasta



all natural

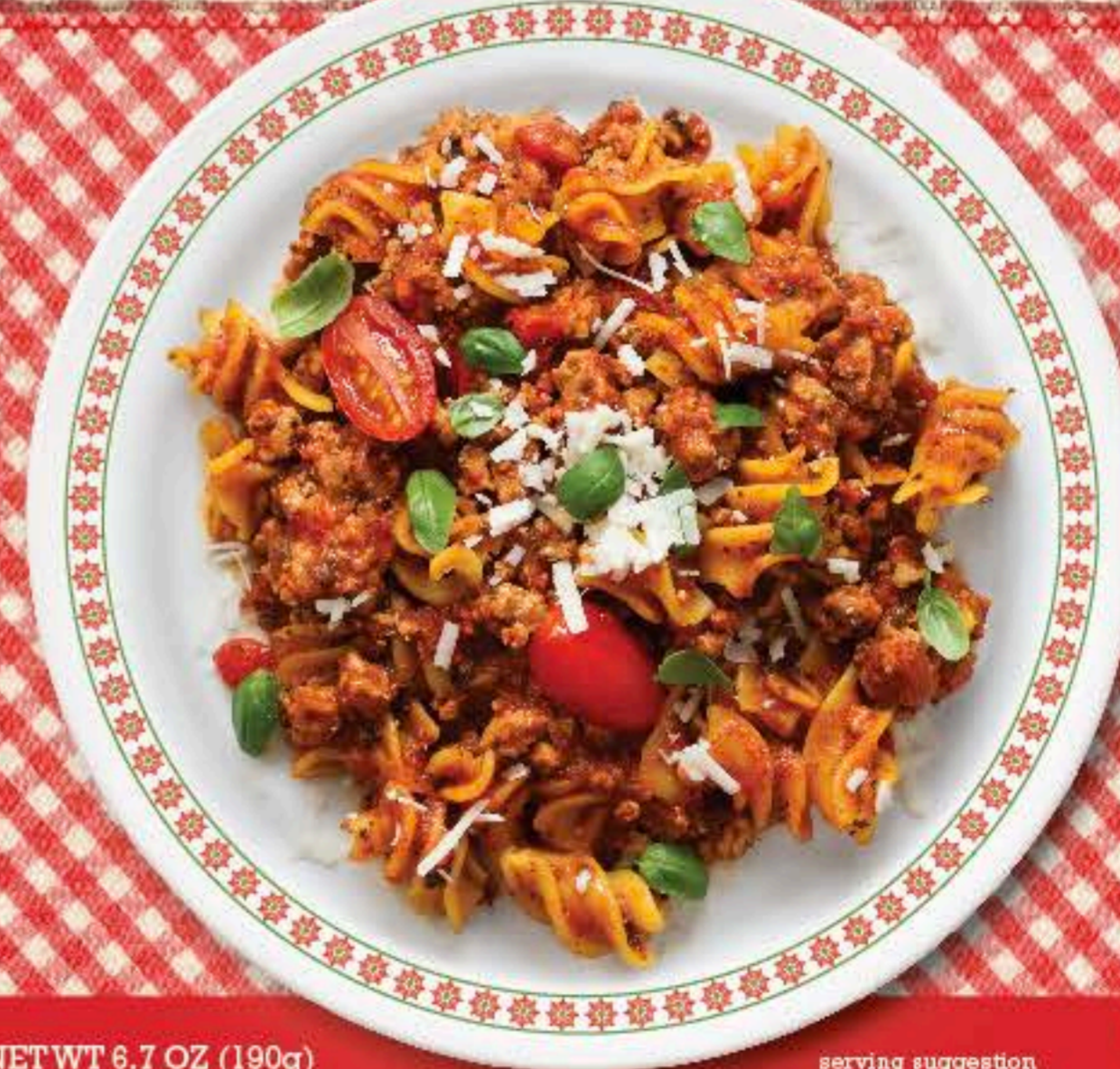


gluten free



non-GMO

FAMILY SIZE



NET WT 6.7 OZ (190g)

serving suggestion



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Nutrition Facts

Serving Size 1/2 C as pkgd (48g)
1 1/4 C prepared
Servings Per Container 4

Amount Per Serving	Mix	Prepared
Calories	170	310
Fat Cal	35	110
	% Daily Value**	
Total Fat 4g*	8%	20%
Sat Fat 0g	0%	30%
Trans Fat 0g		
Cholesterol 0mg	0%	10%
Sodium 390mg	16%	30%
Total Carb 36g	12%	14%
Fiber 5g	20%	28%
Sugars 6g		
Protein 4g		
Vitamin A	6%	20%
Vitamin C	25%	40%
Calcium	6%	45%
Iron	10%	20%

*Amount in Mix. As prepared, one serving provides 13g Fat, 30mg Chol., 740mg Sodium, 43g Total Carb., 7g Fiber, and 17g Protein.
**Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

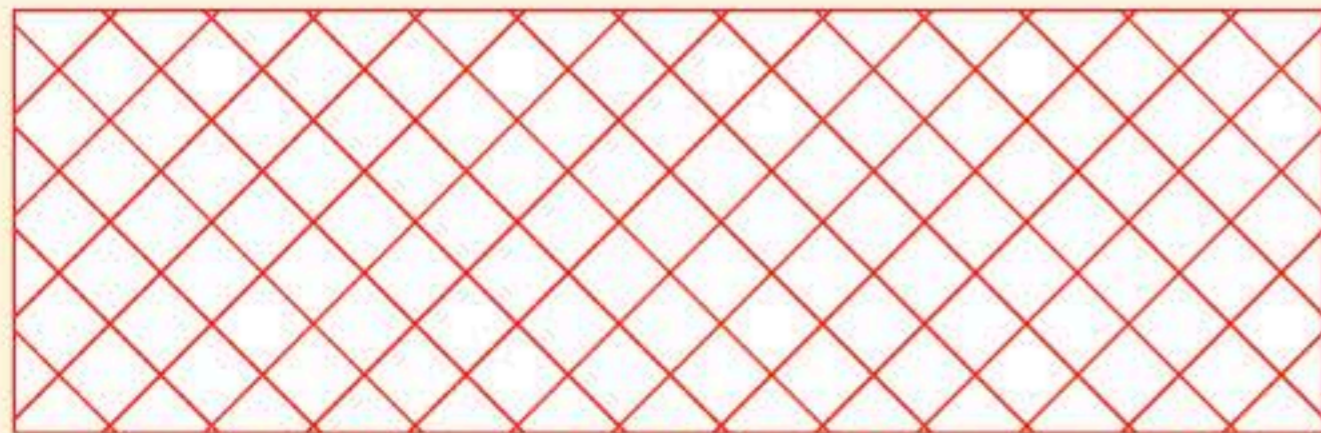
Ingredients: Organic Non GMO Corn Quinoa Pasta (Organic Corn Flour, Organic Quinoa Flour), Tomato Powder, Onion*, Evaporated Cane Juice, Spices, Organic Flax Meal, Sea Salt, Rice Concentrate (anti-caking agent), Garlic*. *Dried

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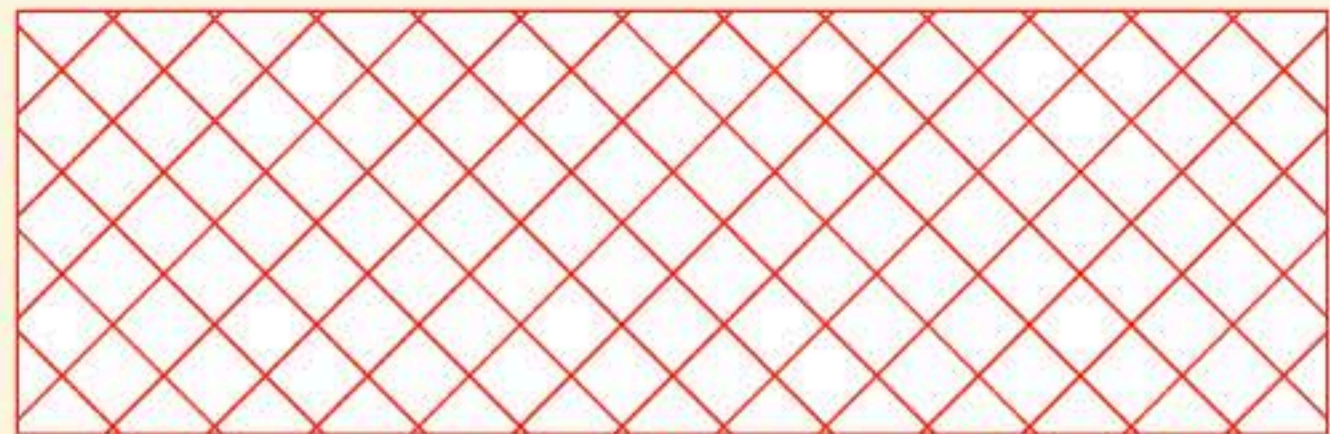


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027549



white bean chili

ready in about 30 minutes

step 1
pour into pot

white bean chili mix

step 2
add 3 3/4 cups water

option 2 cups milk with 1 3/4 cups water

step 3
option add after 15 mins

shred with fork 2 cups

1/2 rotisserie chicken (cooked)

step 4
high until boil

step 5
med-low simmer covered 25 mins or until beans are tender

made your way

- add up to 1 cup water to taste
- season to taste with salt & pepper

- shopping list**
- 1/2 rotisserie chicken
 - 1 cup milk

optional toppings

corn

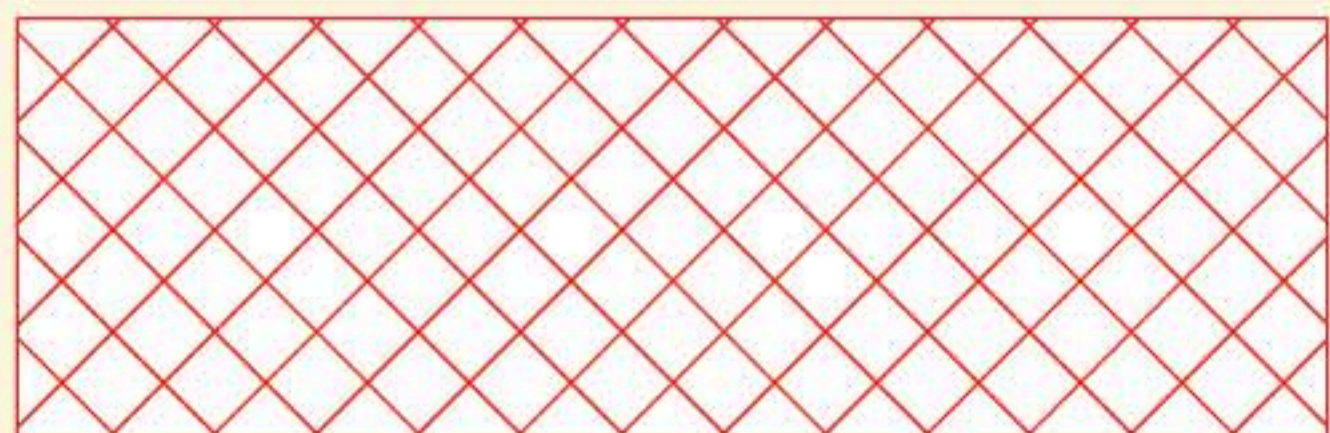
lime

multi-grain chips

variations

burritos

go to cooksimplemeals.com for tasty recipes and serving suggestions



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A hearty twist on a classic fave.

Legend says that a beautiful nun named Sister Mary first invented chili in the 17th century. With all due respect, Sister, we say that's a crock. Break the habit of mundane chili with an inspired mingling of three beans, chia seeds, herbs and exotic spices. Stir things up and turn mealtime into real time.

How Divine!

★★★★★

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Keith Lauver
Founder & CEO

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PER SERVING, PREPARED

210 CALORIES	2g SAT FAT 10% DV	420mg SODIUM 84% DV	7g SUGARS	9g FIBER 36% DV	20g PROTEIN
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white bean chili

with chia seeds and bell peppers

all natural

gluten free

non-GMO

FAMILY SIZE

NET WT 6.0 OZ (169g) serving suggestion

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Nutrition Facts

Serving Size 1/3 C as pkgd (42g)
1 1/4 C prepared
Servings Per Container 4

Amount Per Serving	Mix	Prepared
Calories	140	210
Fat Cal	10	40
	% Daily Value **	
Total Fat 1g*	2%	7%
Sat Fat 0g	0%	10%
Trans Fat 0g		
Cholesterol 0mg	0%	13%
Sodium 380mg	16%	18%
Total Carb 26g	9%	9%
Fiber 9g	36%	36%
Sugars 2g		
Protein 8g		
Vitamin A	15%	15%
Vitamin C	2%	2%
Calcium	8%	20%
Iron	15%	15%

*Amount in Mix. As prepared, one serving provides 4.5g Fat, 40mg Chol., 420mg Sodium, 26g Total Carb., 9g Fiber, and 20g Protein.

**Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: White Beans*, Pinto Beans*, Navy Beans*, Chili Powder (chili peppers*, spices, salt, garlic*), Spices, Peppers*, Celery*, Navy Bean Flake, Black Bean Flour, Sea Salt, Paprika, Onion*, Garlic*, Spices, Chia Seeds, Rice Concentrate (anti-caking agent). *Dried

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