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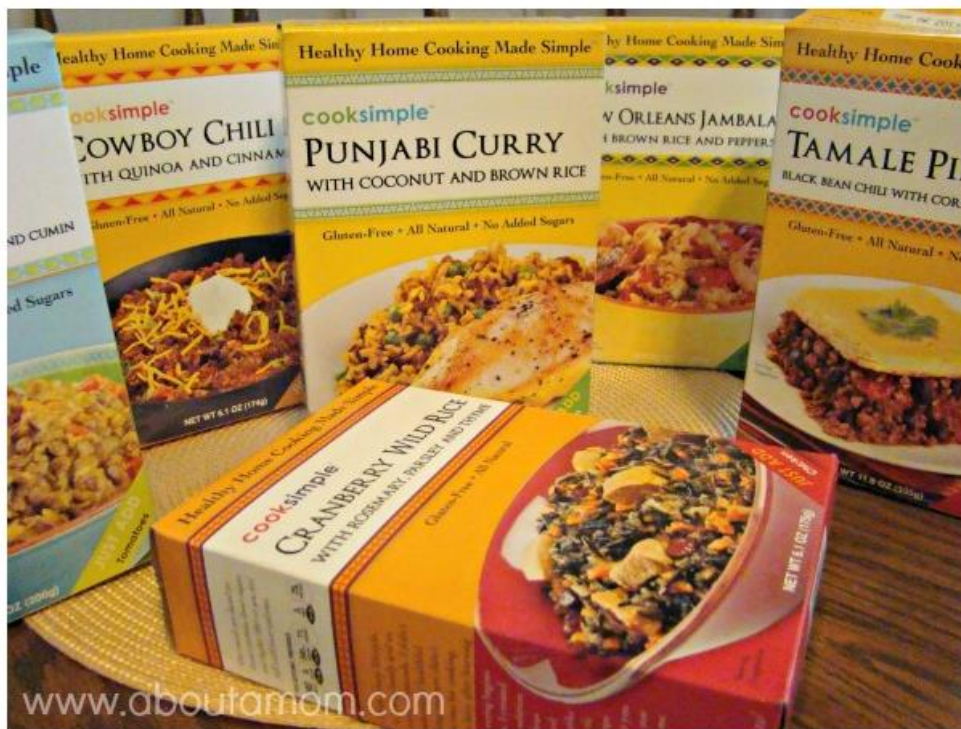
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## cooksimple Easy to Cook Gluten-Free Meals

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The nice folks at cooksimple sent me some all-natural, gluten-free meal kits to try out and share my opinion. While I am not personally on a gluten-free diet, I understand the need for many and am always happy to try out something that offers all-natural ingredients. Like many of you, my schedule is pretty hectic, so I'm usually game for anything that will help me to get a healthy dinner onto the table fast.



The story behind cooksimple is a great one that many people can relate to. The company was created a few years ago by a busy dad who had lost weight and improved his health, but struggled to find meals that were quick, easy, delicious and not too pricey. Working with a chef, he came up with cooksimple.

I like that the meal kits are pretty affordable at \$4.99 per box. With the addition of a few fresh ingredients, each recipe is designed to serve a family of four for less than \$3 per person. The kits contain many healthy ingredients like chia seeds and quinoa, and the meals are simple and quick to prepare – most can be prepared in under half an hour.



### all natural, gluten free meal kits

The cooksimple offering is available in a diverse range of globally-inspired meals, from Punjabi Curry and Tibetan Dal, to White Bean Chili and Cranberry Wild Rice. My family has tried several of the meals and our favorite so far is the Tamale Pie. It's quite hearty and delicious!



cooksimple is ideal for people who want to eat healthier and cheaper, but also want to cook their own fresh dish. cooksimple makes it so that people can cook a delicious dish without much effort in less than 30 minutes, but also gives them room for creativity. You can swap out ingredients or add your own twist to the recipe printed on the box. It's also important to note that the meals are vegan possible (the meal kits on their own are vegan).

The cooksimple meal kits are available nationwide at most grocery stores including Whole Foods, Albertson's, Vons, Stop & Shop, etc. They are also [available online](#).

As mentioned above, cooksimple provided me with product to review. No compensation was received and all opinions are 100% my own.