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WHAT'S NEW NOW

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NUTRITION

BY SARAH-JANE BEDWELL AT 1:00 PM

The Latest OMG Grocery Store Find: CookSimple Meal Kits

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Wanna get a home-cooked meal made from all-natural ingredients on the table in minutes without having to do a ton of grocery shopping? Duh, right? Then you've got to try **CookSimple**, a line of meal kits that stands out from most off-the-shelf dinner mixes since all CookSimple recipes are gluten-free and all-natural, with no artificial additives or preservatives.

Each box contains whole-food, natural ingredients and all you have to add is your favorite protein and a few kitchen staples like olive oil, salt and pepper,

and voila: You have a healthy, flavorful meal on the table in less than 30 minutes.

Created with simplicity and affordability in mind, each new CookSimple recipe can be prepared in a single skillet. Priced at \$4.99 per kit, the meals are designed to serve a family of four at approximately \$2.00 per serving. Serious savings, right?

No matter what you are craving, there is a CookSimple meal for you. The product lineup currently includes Punjabi Curry, Tibetan Dal, White Bean Chili, New Orleans Jambalaya, Tamale Pie, Cowboy Chili, Skillet Lasagna and Cranberry Wild Rice, which are available for purchase online or at over 4,000 stores nationwide. Cooking is officially simple, ladies.