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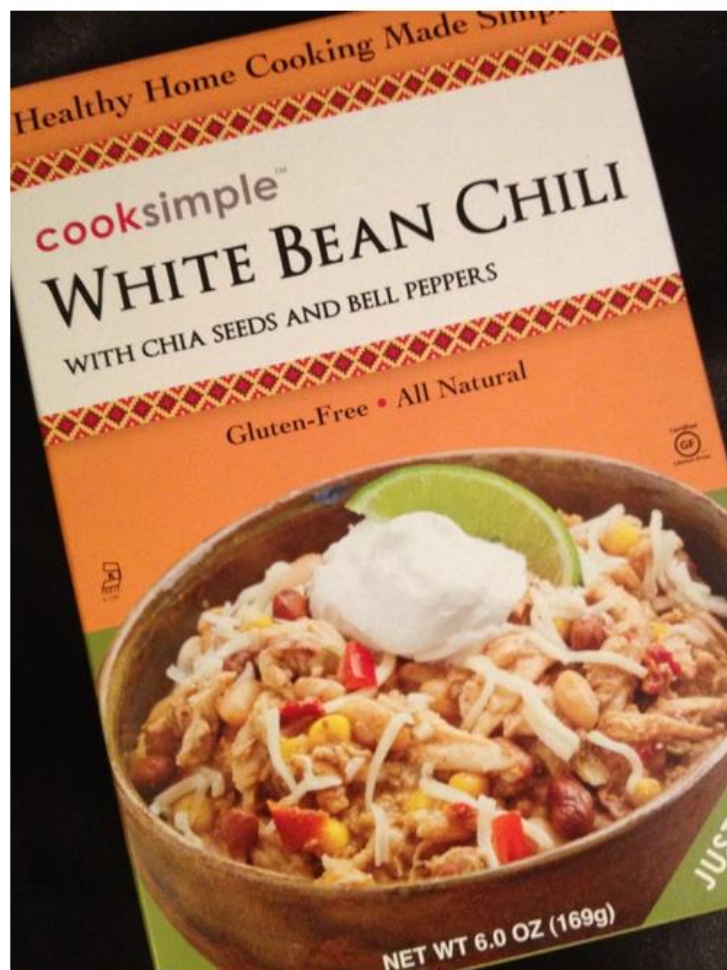
Favorite Things Friday: cooksimple Meals (Review and Giveaway!)

Posted Mar 08 2013 7:32am

As many of you know, I've been trying to be good about [planning my family's meals](#) each week (although I've been kind of a slacker recently!). My goal is to serve healthier food, manage our grocery budget and eliminate the stressful guesswork that comes when you get home at the end of the day and have no clue what to make for dinner.

Believe me, I've had too many nights when I've walked in the door at 6pm with a hungry toddler approaching a meltdown and a 6-year-old whining that he's "starving" and repeatedly asking, "When will dinner be ready?" while I stand there and dig through the fridge for something, anything, to make *right now*.

So that's why I was curious to try , a line of all-natural, gluten-free meal kits.



The company has kind of a cool premise – they were created a few years ago by a busy dad about my age who had lost weight and improved his health, but struggled to find meals that were quick, easy, delicious and not too pricey. Now that's something I can relate to.

Working with a chef, he came up with cooksimple. I love that they're pretty affordable, at \$4.99/box (which breaks down to \$2/serving for a family of four), healthy (the kits contain ingredients like chia seeds and quinoa), quick (most can be prepared in under half an hour) and easy (only one pot/skillet required)

On Tuesday night, we made the White Bean Chili. Because all of the meals can be made vegetarian, you're given the option to add chicken or soy crumbles. Unfortunately, we were out of soy crumbles, so I substituted my favorite [Gardein chipotle lime crispy fingers](#).



Preparation was super easy. Literally. Put pot on stove, dump in packet, add 4 cups liquid (they recommended milk but I used 2 cups milk and 2 cups water). Throw Gardein crispy fingers on pan and put in oven. Voila. That took all of 5 minutes.

Because both take about 20 minutes to cook (how convenient!), I could then focus on preparing something for the kiddos, because I wasn't delusional enough to believe they would eat chili (especially not with Mimi crying crocodile tears and begging for crackers.)

Once the chili finished cooking, I scooped it into bowls and topped them with the chopped Gardein fingers and some sour cream, corn (which I had cooked for the kids anyway; just made a little extra for us) and shredded cheddar cheese. And it was tasty! I was worried it would be bland, coming from a box and all, but it was actually quite spicy. And filling. Yum.



In addition to the White Bean Chili, [other meal kits](#) include Cowboy Quinoa Chili, Punjabi Curry, Tamale Pie, Cranberry Wild Rice, New Orleans Jambalaya, Tibetan Dal and Skillet Lasagna. I'm excited to try some of these!

And guess what? **One lucky KMS reader gets to win 4 cooksimple meal kits!** C'mon, really, who ISN'T looking for a quick, healthy meal for their family?

I'll make this an easy one. Simply comment below and tell me which four varieties you're most interested in trying. But act soon! This ends on March 15 at 12pm ET. A winner will then be picked at random and notified by email (U.S. residents only). So make sure the email you use to comment with is the one I can reach you at if you win!

And if you're looking to buy cooksimple, you're in luck. They're sold nationwide at more than 3,000 stores, including Whole Foods, Safeway, ShopRite, and Albertson's, among others.

<http://www.keepingmommysane.com/favorite-things-friday-cooksimple-meals-review-and-giveaway/>