



Make. Take. Enjoy.

# Low Carb Freezer Meal-Building Workshop

Lincoln Center Hy-Vee  
Wednesday, October 23 @ 6:00 p.m.

## What can you expect?

- Assemble 7 family sized entrees at individual stations.
- We make it easy and simple! All of your groceries will be purchased and ready to go. All ingredients will be washed, arranged and ready to use in advance of preparing the recipe. All you need to do is assemble and create easy freezer-ready meals. You pay only the cost of your groceries and a preparation fee; we do the rest!
- Clean up is taken care of – we will do dishes and take out the trash!

## How Does Simple Fix work?

- Register for the workshop on our [Events Calendar](#) or get a group of people together for a private workshop by contacting our Simple Fix Coordinator Michelle Wild at 515-232-1961 or email [1018chef@hy-vee.com](mailto:1018chef@hy-vee.com).
- Bring something to carry your meals back home, such as plastic tote, laundry basket or cooler on wheels. We will supply paper sacks for non-perishable ingredients.
- Prepare your recipes with your friends and have fun!
- Split the grocery bill evenly. We do have a \$10 preparation fee per person that is added to the grocery bill.
- Take home your delicious meals, put them in the freezer and ENJOY later!

## What is on the menu for the next event? (Wednesday, October 23, 6-8pm)

- ❖ Italian Meatballs
- ❖ Beef Fajitas
- ❖ Almond Chicken
- ❖ Healthier Pork Chops with Pineapple Salsa
- ❖ Slow Cooker Chicken Tikka Masala
- ❖ 20-Minute Shrimp & Sausage Skillet
- ❖ Slow Cooker Creamy Southwest Chicken



Throw away stress and  
bring *simplicity* to dinner  
time with Simple Fix!