



Make. Take. Enjoy.

Low Carb Freezer Meal-Building Workshop

Lincoln Center Hy-Vee

Wednesday, September 18 @ 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.
- 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, September 18, 6-8pm)

- ❖ Balsamic Chicken Thighs
- ❖ Paleo, Whole30 & Keto Thai Coconut Curry Chicken
- ❖ Keto Slow Cooker Pot Roast
- ❖ Keto Chipotle Chicken Stew
- ❖ One Skillet Chicken w/Lemon Garlic Cream Sauce
- ❖ Crispy Honey Orange Glazed Salmon
- ❖ Paleo & Whole30 Chili



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