

# Freezer Meals Workshop

... with the Dietitian



This holiday season, why not . . .

- Have easy to prepare meals on hand ready to thaw and cook;
- Make lifestyle changes to eat healthfully before the New Year;
- Use less of your budget dining at restaurants or buying take-out;
- Spend less time shopping, cooking, and cleaning and more time with your family;
- Give a unique gift to someone you love.

If you agree, then this workshop is for you!

For only \$140 and in less than two hours, you'll have a total of 10 meals ready to serve any night of the week. Each meal has four servings so that's only \$3.50 per meal. Plus you save time because we do the shopping and cleaning for you!

Classes will be held on :

**Thursday, December 17 from 6:00 p.m. to 8:00 p.m.**

**Saturday, December 19 from 1:00 p.m. to 3:00 p.m.**



Helping Lenexa Hy-Vee customers be Hy-Vee Healthy.  
Your Lenexa Hy-Vee Registered Dietitian, Laura Cates, RD, LD.

Questions? Contact **Laura**, your Lenexa Hy-Vee Dietitian, at [LCates@hy-vee.com](mailto:LCates@hy-vee.com). Reserve your spot at least three days in advance by calling your Lenexa Hy-Vee Catering Manager, **Kathy**, at **913-710-7370**. Please have your credit card available.

Lenexa Hy-Vee | 13400 W. 87th Street | Lenexa, KS 66215 | 913-438-8308

## HEALTHY FREEZER MEALS

1

**Jerk Chcken Tacos**

2

**Maple Brown Sugar  
Pork Roast**

*(a cozy, wintertime classic)*

3

**Italian Chicken  
Sausage Hoagie with Bell  
Pepper & Onion**

4

**Asian Beef and  
Vegetable Bowl**

5

**Zesty Turkey Chilli**

6

**Firecracker Salmon**

*(a new, Asian-inspired recipe!)*

7

**Cilantro Lime  
Chicken Burrito Bowl**

8

**Sun-Dried Tomato  
Goat Cheese Stuffed Chicken  
Breasts**

9

**Italian Breaded  
Pork Chops**

10

**Glazed Meatloaf**

*Makes a Great  
Gift Idea!*

We all have friends and family that could all use a little more time. Why not attend the Freezer Meals Workshop and give them healthy, prepared meals that are quick and easy?