



## NEED A PERSONAL CHEF?

With our **Simple Fix To-Go** program you can do more with your time while feeding your family healthy, balanced and delicious meals. We do all the work for you. We shop. We cook. We clean. You simply pick up a week's worth of recipes to take and bake or freeze.

- ❖ Register online at: <https://www.hy-vee.com/stores/calendar/calendar.aspx?m=12&y=2018&s=5&all=1>
- ❖ Seven recipes for \$125 (flat rate).
- ❖ Pick up time November 8<sup>th</sup>, after 4 pm
- ❖ Payment is taken over the phone and pre-paid before pick up, Call Meggan Brandmeyer with payment information.
- ❖ Email Meggan with questions or concerns [1013clubmgr@hy-vee.com](mailto:1013clubmgr@hy-vee.com)

### What is on the menu for Friday, November 8<sup>th</sup>?

- ❖ Crockpot Italian Beef
- ❖ Ravioli Soup
- ❖ Slow Cooker Pork Tenderloin
- ❖ Chicken Pesto
- ❖ Pan Roasted Chicken & Vegetables
- ❖ Taco Chicken & Rice
- ❖ Garlic Shrimp

ARE YOU *EXHAUSTED*  
& *OVERWHELMED*?  
WONDERING **WHAT'S**  
**FOR DINNER?**

Let Hy-Vee help:



West Ames Hy-Vee to  
learn more or view our  
Simple Fix menus online  
at our store calendar  
located at

[www.hy-vee.com](http://www.hy-vee.com)

Ames #1

3800 Lincoln Way

515-292-5543

