



## NEED A PERSONAL CHEF?

With our NEW **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 the Hy-Vee events calendar:  
<https://www.hy-vee.com/stores/calendar/calendar.aspx?m=2&y=2019&s=5&all=1>

- ❖ Seven recipes for \$125 (flat rate).
- ❖ Pick up times March 13th, after 4 pm
- ❖ Payment is taken over the phone and pre-paid before pick up, Call Meggan with payment information.
- ❖ Contact Meggan with questions:  
[1013clubmgr@hy-vee.com](mailto:1013clubmgr@hy-vee.com)

What is on the menu for Wednesday, March 13th?

- ❖ Baked Ziti
- ❖ Chicken & Corn Chili
- ❖ Lemon Garlic Chicken
- ❖ BBQ Shrimp
- ❖ Crock Pot Italian Beef
- ❖ Szechuan Steak Stir-Fry
- ❖ Creamy Tex-Mex Pork Chops

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

Let Hy-Vee help:



Contact Meggan at the

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

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