



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=4&y=2019&s=5>

- ❖ Seven recipes for \$125 (flat rate).
- ❖ Pick up time April 17th, after 4 pm
- ❖ Payment is taken over the phone and pre-paid before pick up, Call Meggan Brandmeyer with payment information.
- ❖ Contact Meggan with questions:
1013clubmgr@hy-vee.com

What is on the menu for Wednesday, April 24th?

- ❖ Buffalo Wings
- ❖ Mandarin Orange Chicken
- ❖ Springtime Herbed Turkey Burgers
- ❖ Healthy Fish Tacos
- ❖ Asian Beef Stir Fry
- ❖ Mexican Lasagna
- ❖ Grilled Pork Tenderloin Sandwiches

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

Ames #1

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