



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 by emailing 1013clubmgr@hy-vee.com

- ❖ Seven recipes for \$125 (flat rate).
- ❖ Pick up times May 17th, after 4 pm
- ❖ Payment is taken over the phone and pre-paid before pick up, Call Meggan with payment information.

What is on the menu for Friday, May 17th?

- ❖ Asian Barbeque Chicken
- ❖ Grilled Chicken Shawarma Pita Wraps
- ❖ Italian Stir-Fry with Turkey Sausage
- ❖ Spice-Rubbed Roasted Salmon
- ❖ Mushroom-Feta Ranch Burgers
- ❖ Southwestern Flair Tacos
- ❖ Mediterranean 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

Ames #1

3800 Lincoln Way

515-292-5543