



## Week of September 10th Menu

Prepare those tummies! This week's menu is jam packed with a delicious nutritious punch even the pickiest eater won't be able to resist!

### Getting Started:

1. Register on [www.babeappetit.com](http://www.babeappetit.com)
2. Select a meal plan & menu items for your babe (**by Tuesday, Sep. 5th**)
3. Meals are prepared from scratch & delivered\* to your door every Saturday

### Already Signed Up? Select your menu items in 3 easy steps

1. Go to your account page on [www.babeappetit.com](http://www.babeappetit.com)
2. Select the "Manage Subscription" link
3. Click on the "Pick Selections" link for this week's order

### Meal Plans:

**\*Receive 2 free meals with your first purchase\***

**Mini Meal Plan:** Includes 6 meals total (a selection of 3 menu items\*) **\$60**

**Smarty Pants School Lunch:** Include 5 individually portioned meals + 2 snacks **\$75**

**Foodie Meal Plan:** Includes 10 meals total (a selection of 5 menu items\*) **\$100**

### Menu:

1. Ropa Vieja + Arroz con Frijoles
2. Sneaky Chicken Nugs + Butternut Cheddar Mac
3. Roasted Salmon + Spinach Pesto Orzo
4. La Nonna's Traditional Lasagna
5. Coconut Curry Chicken over Basmati

**\*Snack:** Avocado Banana Chocolate Chip ("ABC") Muffins: A sweet treat packed with nutrients for your always-on-the-go little one. Our ABC Muffins are rich in healthy fats from avocado & sweetened naturally with ripe organic bananas. These muffins are dense & soft, perfect for big & little eaters. **(\$7)**

**\*Delivery fees apply.**

**\*Meal portions are 6oz. each. Menu items are served in 12 oz double-portioned containers.**

**\*\*Individual portioning + freezing is available for a \$7 fee per meal plan.**

**\*\*\*Full payment due upon ordering. Unpaid orders will not be fulfilled.**