



Week of September 20th 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
2. Select a meal plan & menu items for your babe (**by Wednesday, Sep. 16th**)
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
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*) **\$50**

Smarty Pants School Lunch: Include 5 individually portioned meals + 2 snacks **\$60**

Foodie Meal Plan: Includes 10 meals total (a selection of 5 menu items*) **\$80**

Menu:

1. La Nonna's Traditional Lasagna
2. Coconut Curry Chicken over Basmati
3. Skinny Abuelita's Turkey Picadillo + Boniato Bites
4. Pot Roast + Carrot Couscous
5. Pulled Pork Sliders + Sweet Potato Wedges

***Snack:** Carrot Apple Overnight Oats: Dig in to our overnight oats, loaded with omega-3 fatty acids from chia seeds, tummy soothing oats, probiotic rich whole milk yogurt & always sweetened with only fruit. Its the perfect start to your LO's day! (\$5)

***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 \$5 fee per meal plan.**

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