



Week of October 14th 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, Oct. 10th)
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. Lamb Butternut Stew over Couscous
2. Spaghetti Squash Bolognese
3. Pumpkin Patch Chili
4. Cauli Arroz con (o sin) Pollo
5. Mexican Quinoa Stuffed Peppers

***Snack:** Carrot Cake Oatmeal Cookies: Dense, delicious & nutritious. Our Carrot Cake Oatmeal cookies are soft enough for little eaters, refined sugar free, and packed with beta-carotene rich carrots. (\$5)

**Delivery fees apply. Complimentary pickup available in our South Miami location.*

**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.*