

**“Change is inevitable but personal growth is a choice.”**

**~ Bob Proctor**

Happiest delivery day!

Here’s what you can freeze this week (not all items listed may be included in your order):

- Ratatouille
- Indian Thali
- Bellyful Lentil Stew
- Oyster Mushroom Chowder
- Tandoori Cauli/Tofu
- Indian Green Beans
- Curry Vinaigrette
- Jalapeno Mint Chutney
- Buffalo Cauli Dip
- Baked Oats
- Green Protein Smoothie
- Seed Milk
- Butternut Mac
- Quinoa-Pepita Pilaf
- Tarts from “The Naked Tart”



Just as a reminder, all of your delicious food is best when enjoyed by the Sunday following your delivery. You’ll want to eat your salads within the first five days. Remember that you can extend this date by freezing the items listed above.

Your smoothie or seed milk will need to be shaken well and enjoyed within the first five days of delivery. At the Health Department’s request, we have frozen them before delivery. This keeps them fresher, longer! Eat your Massaged Kale Salad early in the week. Enjoy the whole sungold tomatoes in your salad veggies!

Please return your bags and ice packs! Once your bag is empty, please put the ice packs back in it. Next time you order, just place the bag outside on delivery day and we’ll swap it for your full bag. If you know you won’t be ordering in the coming weeks, please email us at [Info@NourishCharlotte.com](mailto:Info@NourishCharlotte.com) and we can pick your bag up from your house. Or, if it’s convenient, you can drop your empty bag off at Okra in Plaza Midwood, or Baxter Village Health Center in Fort Mill, SC!

With loads of appreciation and wishes for joyful eating this week,

Chef Julia and your Nourish Team

Nourish, LLC

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