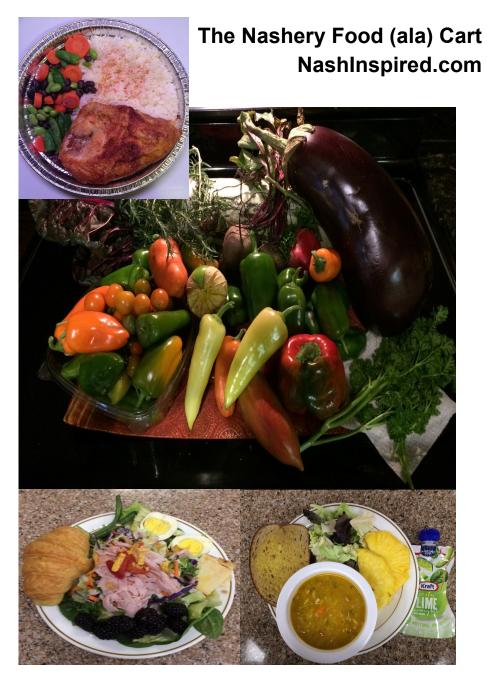
Masterpiece Meal Planning for **YOU!**



THE NASHERY FOOD (ALA) CART MASTERPIECE MENUS

of Soul filled Healthy food?

Let us sit down and design your meal experience. You can enjoy healthy meals that are filling and soul satisfying without feeling deprived.

Terryann Nash the Owner of the

Want to experience the taste Zucchini w/cheese bal 230 calories per serv

SPECIALIZING IN MASTERPIECE MENUS AND MEAL PLANS (starting as low as \$75.00 per week)



Nashery food (ala) Cart is a 3rd generation food industry servant.

Her Degreed background is in Adult training and Development and she holds certifications in food management and is a specialized licensed fitness instructor.

She has a combined total of 20 years "hands on experience" in creating healthier life plans, personal menus and individual fitness plans w/goals.

Her unique approach encourages you to WIN!!

The Nashery was established as a food cart in 2006. The Nashery food (ala) cart is a food company that specializes in catering special events and creative food production. It is the vision of Teryann Nash to bring the food concept into the 2018 year and launch it as a special events company with a unique style of presentation, masterpiece meal plans and affordable costs.

It is our belief that a meal is a communion with life! Every bite is like a second that should not be missed! Party with your palate and seize great tastes-Carpe Diem!

We recognize people have many different needs: busy schedule, special diet, weight loss desires, calorie counting, etc., we are an emerging specialty service new to your area and we would love to sit and plan your masterpiece menu.

Always Fresh-Always Good!

NOVEMBER SPECIAL:

JOIN THE WEEKLY MEAL PLAN DEAL IN THE MONTH OF NOVEMBER AND GET 2 MEALS (1 DAY) FREE!!!

(\$15.00 VALUE)

Www.NashInshpired.com

Terryann Nash 763-370-1482



Stuffed peppers (Turkey & veggie filled) 170 Calories