

Masterpiece Meal Planning for YOU!



The Nashery Food (ala) Cart
NashInspired.com



THE NASHERY FOOD (ALA) CART

MASTERPIECE MENUS

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

Want to experience the taste
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 de-
prived.

Terryann Nash the Owner of the



Zucchini w/cheese bake
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 manage-
ment and is a specialized licensed
fitness instructor.

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

Her unique approach encourages
you to WIN!!

Always Fresh-Always Good!

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 ser-
vice new to your area and we would love to sit and plan your masterpiece
menu.