

# Nourish

BY HOLLYBERRY

## Subscription Meal Plan Menu

Pick which meal plan would best fit you and your loved ones!

### 1 WHOLESOME HELPINGS

A great plan for busy families, you'll receive 3 Nourish entrées\* per delivery that your whole crew will love. Simply heat the entrées and add your own sides for crowd-pleasing meals any night of the week.

### 2 HEARTY + HEALTHY

Looking to serve healthier options? This meal plan includes creative, health-conscious items for you and your family. A mix of 2 of our delicious entrées\* and 2 tasty sides per delivery for meals you can feel good about.

### 3 BUILD YOUR OWN

This option is for you if you want to hand-pick your options each week or have special dietary needs! Entrées include our best sellers, seasonal favorites, and lots of variety!

Examples of items that may be available are below; selections will change based on season and availability.

Aug. 13

Thai Chicken + Rice (H, DF)  
Veggie Lasagna Rollups (V, H)  
Pulled Pork Burritos (H)

Entrées:  
Thai Chicken + Rice (H, DF)  
Veggie Lasagna Rollups (V, H)

Sides:  
Balsamic Green Beans (GF, V, H, DF)  
Tuscan Vegetables (GF, V, H)

#### Entrées

Black Bean Burgers (V, H, DF)  
Butternut Squash Mac and Cheese (V)  
Cashew Chicken (GF, H, DF)  
Fajitas - Steak + Chicken or Vegetarian (GF, H, DF)  
Merry's Mighty Good Meatballs (GF, H, DF)

Aug. 20

Black Bean Burgers (V, H, DF)  
BBQ Chicken Kabobs (GF, H, DF)  
Grilled Chicken Pesto Penne

Entrées:  
Black Bean Burgers (V, H, DF)  
BBQ Chicken Kabobs (GF, H, DF)

Sides:  
Broccoli + Potatoes (GF, V, H)  
Seasonal Roasted Vegetables (GF, V, H, DF)

#### Sides

Beans + Bacon + Greens (GF, DF)  
Broccoli Tots (V, H)  
Edamame Succotash (GF, V, H, DF)  
Jalapeno Cornbread (V, H)  
Roasted Red Pepper Soup (V)

Aug. 27

Enchilada Lasagna (GF, H)  
Chicken Parmesan (H)  
Baked Italian Sandwich

Entrées:  
Enchilada Lasagna (GF, H)  
Chicken Parmesan (H)

Sides:  
Southwest Quinoa (GF, V, H, DF)  
Grilled Vegetables (GF, V, H)

#### Appetizers

Buffalo Chicken Dip (GF)  
Honey Goat Cheese (GF, V)  
Jalapeno Popper Dip (V)  
Spinach Artichoke Dip (GF, V)  
White Bean Hummus (V)

Sept. 3

Chicken Pot Pie  
Merry's Mighty Good Meatballs (GF, H, DF)  
Pork + Grits (GF)

Entrées:  
Chicken Pot Pie  
Merry's Mighty Good Meatballs (GF, H, DF)

Sides:  
Spinach Pesto Quinoa (GF, V, H)  
Edamame Succotash (GF, V, H, DF)

#### Desserts

Cocoa Bliss Bars (V)  
Dave's Double Chocolate Chip Dough (V)  
Flourless Fudgy Torte (GF, V)  
Goey Butter Cake (V)  
Lemon Zucchini Cake (V)

\*Entrées can be packaged for 2 or 4 people. The items listed above for plan #1 and #2 are standard; customize based on your needs in your weekly text!

MAKE YOUR NEXT EVENT YOUR BEST EVENT WITH



CALL 314.835.9977 TO GET STARTED.

Note: Menu items may contain nuts, seeds, dairy, wheat or shellfish. Please inquire about our vegetarian only track or if you have an allergy concern. Please note items on our menus marked as "GF" contain gluten-free ingredients, but are not made in a gluten-free kitchen.