

# 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.

Sept. 10

Beef Ragout + Cauliflower Puree (H)  
Fall Chicken + Rice Bake (H)  
Chicken Carbonara Mac & Cheese

Entrées:  
Beef Ragout + Cauliflower Puree (H)  
Fall Chicken + Rice Bake (H)

Sides:  
Sesame Sugar Snap Peas (GF, V, H, DF)  
French Onion Green Beans (GF, F, H)

#### Entrées

Mediterranean Strata (V)  
Vegetable Enchiladas (GF, V, H, DF)  
Roasted Red Pepper Shells (V)  
Butternut Squash Mac and Cheese (V)  
Merry's Mighty Good Meatballs (GF, H, DF)

Sept. 17

Pesto + Goat Cheese Chicken (H)  
Pulled Pork Enchiladas (GF, V, H, DF)  
Buffalo Chicken Wraps

Entrées:  
Pesto + Goat Cheese Chicken (H)  
Pulled Pork Enchiladas (GF, V, H, DF)

Sides:  
Cheddar Jalapeno Cornbread (H)  
Garlic Parmesan Butternut Squash (GF, V, H, DF)

#### Sides

Balsamic Green Beans (GF, V, H, DF)  
Minestrone Soup (V, H, DF)  
Cider Apples + Potatoes (GF, V, H)  
Parmesan Rolls (V)  
Roasted Red Pepper Soup (V)

Sept. 24

Pretzel Chicken (H)  
Fiesta Bowl (GF, H)  
Chili + Cornbread

Entrées:  
Pretzel Chicken (H)  
Fiesta Bowl (GF, H)

Sides:  
Cauliflower Mash (GF, V)  
French Onion Broccoli (GF, V, H)

#### Appetizers

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

Oct. 1

Steak + Chicken Fajitas (GF, H, DF)  
Shepherd's Pie (GF)  
Cashew Chicken (GF, H, DF)

Entrées:  
Steak + Chicken Fajitas (GF, H, DF)  
Shepherd's Pie (GF)

Sides:  
Southwestern Sweet Potatoes (GF, V, H)

#### Desserts

Pumpkin Cupcakes (V)  
Cocoa Bliss Dough (V)  
Flourless Fudgy Torte (GF, V)  
Goopy 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.