

# Nourish

BY HOLLYBERRY

Gluten-free ingredients (GF),  
Vegetarian (V), Healthier Option (H),  
Dairy Free (DF)

## 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.

Oct. 8

Meatloaf Cupcakes (GF, H)  
BBQ Chicken Kabobs (GF, H, DF)  
Chicken Confetti Spaghetti

Entrées:  
Meatloaf Cupcakes (GF, H)  
BBQ Chicken Kabobs (GF, H, DF)

Sides:  
Roasted Red Pepper Soup (V)  
Parmesan Roasted Carrots (GF, V, H)

#### Entrées

Pretzel Chicken (H, DF)  
Butternut Squash Mac and Cheese (V)  
Vegetarian Fajitas (GF, H, V, DF)  
Meatball Subs  
Chicken Chardonnay + Rice Pilaf  
Short Rib Hash (GF)

Oct. 15

Black Bean Burgers (V, H)  
Pork Stir Fry (H, DF)  
Pimento Stuffed Chicken

Entrées:  
Black Bean Burgers (V, H)  
Pork Stir Fry (H, DF)

Sides:  
Seasonal Vegetables (GF, V, H, DF)  
Buffalo Cauliflower (GF, V, H, DF)

#### Sides

Sesame Snap Peas (GF, V, H, DF)  
Broccoli + Potatoes (GF, V, H)  
Parmesan Rolls (V)  
Edamame Succotash (GF, V, H, DF)  
Veggie Fried Quinoa (V, H)

Oct. 22

Mediterranean Chicken (GF, H)  
Stuffed Shells + Red Pepper Marinara (V, H)  
XL Chicken Taquitos (H)

Entrées:  
Mediterranean Chicken (GF, H)  
Stuffed Shells + Red Pepper Marinara (V, H)

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

#### Appetizers

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

Oct. 29

Greek Turkey Burgers + Tzatziki (H)  
Chicken Pot Pie (H)  
Philly Bake

Entrées:  
Greek Turkey Burgers + Tzatziki (H)  
Chicken Pot Pie (H)

Sides:  
Tuscan Vegetables (GF, V, H, DF)  
Parmesan Butternut Squash (GF, V, H)

#### Desserts

Pumpkin Cupcakes (V)  
Cocoa Bliss Dough (V)  
Flourless Fudgy Torte (GF, V)  
Goopy Butter Cake (V)  
Monster Bars (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.

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