

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.

Dec. 3

Pulled Pork Burritos (H)
Parmesan Chicken (H)
Baked Italian Sandwich

Entrées:
Pulled Pork Burritos (H)
Parmesan Chicken (H)

Sides:
Winter Roasted Vegetables (GF, V, H, DF)
French Onion Broccoli (GF, V, H)

Entrées

Pretzel Chicken (H, DF)
Butternut Squash Mac and Cheese (V)
Vegetarian Fajitas (GF, H, V, DF)
Homestyle Chicken Pot Pie (H)
Grilled Chicken Pesto Penne (H)
Enchilada Lasagna (GF, H)

Dec. 10

Baked Ziti (H)
Tuscan Chicken (GF, H)
Rice + Bean Burritos (V)

Entrées:
Baked Ziti (H)
Tuscan Chicken (GF, H)

Sides:
Balsamic Green Beans (GF, V, H, DF)
Rice Pilaf (GF, V, H, DF)

Sides

Sesame Snap Peas (GF, V, H, DF)
Broccoli + Potatoes (GF, V, H)
Buffalo Cauliflower (GF, V, H, DF)
Kale + Butternut Squash Quinoa (GF, V, H, DF)
Broccoli Tots (V, H)

Dec. 17

Cashew Chicken (GF, H, DF)
Merry's Mighty Good Meatballs (GF, H, DF)
Harvest Vegetable Roll Ups (H, V)

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

Sides:
Tuscan Vegetables (GF, V, H)
Minestrone Soup (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)

Dec. 24

Vegetarian Enchiladas (GF, V, H, DF)
Pork Tamale Pie (GF, H)
Chicken Confetti Spaghetti

Entrées:
Vegetarian Enchiladas (GF, V, H, DF)
Pork Tamale Pie (GF, H)

Sides:
Parmesan Rolls (V)
Veggie Fried Quinoa (GF, V, H, DF)

Desserts

Grasshopper Cupcakes (V)
Cocoa Bliss Dough (V)
Flourless Fudgy Torte (GF, V)
Goody Butter Cake (V)
White Chocolate Cranberry 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.