

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. 31

Beef Ragout + Cauliflower Mash (H)
Mushroom Chicken + Rice (H)
Fiesta Bowl (GF, H)

Entrées:
Beef Ragout + Cauliflower Mash (H)
Mushroom Chicken + Rice (H)

Sides:
Chicken Tortilla Soup (GF, H, DF)
Broccoli + Potatoes (GF, V, H)

Entrées

Pretzel Chicken (H, DF)
Merry's Mighty Good Meatballs (GF, V, H, DF)
Vegetarian Fajitas (GF, V, H, DF)
Homestyle Chicken Pot Pie (H)
Grilled Chicken Pesto Penne (H)
Enchilada Lasagna (GF, H)

Jan. 7

Chicken + Poblano Hash (GF, H)
Greek Turkey Burgers + Tzatziki (H)
Butternut Squash Mac + Cheese (V)

Entrées:
Chicken + Poblano Hash (GF, H)
Greek Turkey Burgers + Tzatziki (H)

Sides:
Spinach Pesto Quinoa (GF, V, H)
French Onion Broccoli (GF, V, H)

Sides

Sesame Snap Peas (GF, V, H, DF)
Buffalo Cauliflower (GF, V, H, DF)
Kale + Butternut Squash Quinoa (GF, V, H, DF)
Parmesan Rolls (V)
Edamame Succotash (GF, V, H, DF)

Jan. 14

Toasted Cannelloni + Marinara (H)
NEW! Quinoa Stuffed Peppers (GF, V, H, DF)
Pulled Pork + Cheddar Grits (GF)

Entrées:
Toasted Cannelloni + Marinara (H)
NEW! Quinoa Stuffed Peppers (GF, V, H, DF)

Sides:
Parmesan Roasted Carrots
Buffalo Cauliflower

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)

Jan. 21

Red Thai Curry + Vegetables (H, DF)
Stuffed Shells + Roasted Red Pepper Marinara (V, H)
Meatball Subs

Entrées:
Red Thai Curry + Vegetables (H, DF)
Stuffed Shells + Roasted Red Pepper Marinara (V, H)

Sides:
NEW! Carrot Soufflé (V)
French Onion Green Beans (GF, V, DF)

Desserts

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

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