

# 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.

Feb. 25

Cashew Chicken (GF, H, DF)  
Harvest Vegetable Roll Ups (V, H)  
Shepherd's Pie (GF, H)

Entrées:  
Cashew Chicken (GF, H, DF)  
Harvest Vegetable Roll Ups (V, H)

Sides:  
NEW! Teriyaki Green Beans (GF, V, H)  
Kale + Butternut Squash Quinoa (GF, V, H, DF)

#### Entrées

Greek Turkey Burgers + Tzatziki (H)  
Toasted Cannelloni + Marinara (H)  
Vegetarian Fajitas (GF, V, H, DF)  
Mediterranean Strata (V)  
Pretzel Chicken (H, DF)  
Merry's Mighty Good Meatballs (GF, V, H, DF)

Mar. 4

Grilled Chicken Penne (H)  
Chili + Cornbread (GF, H)  
XL Chicken Taquitos

Entrées:  
Cashew Chicken (GF, H, DF)  
Harvest Vegetable Roll Ups (V, H)

Sides:  
Tuscan Roasted Vegetables (GF, V, H)  
Carrot Souffle (V)

#### Sides

Sesame Snap Peas (GF, V, H, DF)  
Buffalo Cauliflower (GF, V, H, DF)  
Parmesan Roasted Carrots (GF, V, H)  
Roasted Red Pepper + Asiago Bisque (V)  
Veggie Fried Quinoa (V, H)

Mar. 11

Enchilada Lasagna (GF, H)  
Baked Ziti (H)  
Buffalo Chicken Wraps

Entrées:  
Enchilada Lasagna (GF, H)  
Baked Ziti (H)

Sides:  
French Onion Broccoli (GF, V, H)  
Cheddar + Jalapeno Cornbread (GF, V, H)

#### 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)

Mar. 18

Honey Stung Chicken Bites (V, H, DF)  
Pulled Pork Burritos (H)  
Meatloaf Cupcakes (GF, H)

Entrées:  
Honey Stung Chicken Bites (V, H, DF)  
Pulled Pork Burritos (H)

Sides:  
Asian Vegetables (GF, V, H, DF)  
Spinach Pesto Quinoa (GF, V, H)

#### Desserts

Red Velvet Cupcakes (V)  
Cocoa Bliss Dough (V)  
Flourless Fudgy Torte (GF, V)  
Gooey 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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