

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 ADD ON/SWAP OUT OPTIONS

Each week you will have the option to swap out or add on items to your bag!

Examples of items that may be available are below; selections will change based on season and availability.

May 6

Pesto + Goat Cheese Chicken (H)
Merry's Mighty Good Meatballs (GF, H, DF)
Cashew Chicken (GF, H, DF)

Entrées:
Pesto + Goat Cheese Chicken (H)
Merry's Mighty Good Meatballs (GF, H, DF)

Sides:
Roasted Tuscan Vegetables (GF, V, H)
Parmesan Rolls (V)

Entrées

Butternut Squash Mac + Cheese (V, H)
Toasted Cannelloni + Marinara (H)
Vegetarian Fajitas (GF, V, H, DF)
Mediterranean Strata (V)
Pretzel Chicken (H, DF)

May 13

BBQ Chicken Kabobs (GF, H, DF)
NEW! Italian Sausage + Peppers (GF, H, DF)
Beef Ragout + Cauliflower Mash (GF, H)

Entrées:
BBQ Chicken Kabobs (GF, H, DF)
NEW! Italian Sausage + Peppers (GF, H, DF)

Sides:
NEW! Sweet Potato Fries (GF, V, H, DF)
French Onion Green Beans (GF, V, H)

Sides

Sesame Snap Peas (GF, V, H, DF)
Buffalo Cauliflower (GF, V, H, DF)
Cheddar + Jalapeno Cornbread (V, H)
Minestrone Soup (V, H)
Asian Vegetables (GF, V, H, DF)

May 20

NEW! Cheddar Ranch Chicken (H)
Steak + Chicken Fajitas (GF, H, DF)
Rice + Bean Burritos (V, H)

Entrées:
NEW! Cheddar Ranch Chicken (H)
Steak + Chicken Fajitas (GF, H, DF)

Sides:
Broccoli + Potatoes (GF, V, H)
Spring Roasted Vegetables (GF, V, H, DF)

Appetizers

Buffalo Chicken Dip (GF)
Honey Goat Cheese (GF, V)
NEW! Brownie Batter Dip (V)
Spinach Artichoke Dip (GF, V)
White Bean + Artichoke Hummus (GF, V, DF)
Herb + Tomato Goat Cheese Dip (GF, V)

May 27

NEW! Beef + Broccoli (H, DF)
Honey Stung Chicken Bites (V, H, DF)
Homestyle Chicken Pot Pie (H)

Entrées:
NEW! Beef + Broccoli (H, DF)
Honey Stung Chicken Bites (V, H, DF)

Sides:
Edamame Succotash (GF, V, H, DF)
NEW! Summer Corn Chowder (V, H)

Desserts

NEW! Mint Brownies (V)
Goopy Butter Cake (V)
Cocoa Bliss Dough (V)
Flourless Fudgy Torte (GF, V)
NEW! Blueberry Lime Cupcakes (V)
Dave's Double Chocolate Chip Dough (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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