

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.

<p>June 3</p>	<p>Meatloaf Cupcakes (GF, H) Pork Tamale Pie (GF, H) Baked Ziti</p>	<p>Entrées: Meatloaf Cupcakes (GF, H) Pork Tamale Pie (GF, H)</p> <p>Sides: Carrot Souffle (V) Spring Chicken Soup (H)</p>	<p>Entrées Butternut Squash Mac + Cheese (V, H) Toasted Cannelloni + Marinara (H) Vegetarian Fajitas (GF, V, H, DF) Mediterranean Strata (V) Merry's Mighty Good Meatballs (GF, H, DF)</p>
<p>June 10</p>	<p>Pretzel Chicken (H, DF) Stuffed Shells + Red Pepper Marinara (V, H) Pulled Pork + Cheddar Grits (GF)</p>	<p>Entrées: Pretzel Chicken (H, DF) Stuffed Shells + Red Pepper Marinara (V, H)</p> <p>Sides: Southwestern Sweet Potatoes (V) Balsamic Green Beans (GF, V, H, DF)</p>	<p>Sides Sesame Snap Peas (GF, V, H, DF) Summer Corn Chowder (GF, V, H, DF) Cheddar + Jalapeno Cornbread (V, H) Minestrone Soup (V, H) Asian Vegetables (GF, V, H, DF)</p>
<p>June 17</p>	<p>Parmesan Chicken (H) Pesto Primavera (V, H) Beef Kabobs (GF, H, DF)</p>	<p>Entrées: Parmesan Chicken (H) Pesto Primavera (V, H)</p> <p>Sides: Rice Pilaf (GF, V, H) Buffalo Cauliflower (GF, V, H, DF)</p>	<p>Appetizers Buffalo Chicken Dip (GF) Honey Goat Cheese (GF, V) Queso Dip (V) Spinach Artichoke Dip (GF, V) White Bean + Artichoke Hummus (GF, V, DF) Herb + Tomato Goat Cheese Dip (GF, V)</p>
<p>June 24</p>	<p>Fiesta Bowl (GF, H, DF) XL Taquitos (H, DF) Pesto + Goat Cheese Chicken (H)</p>	<p>Entrées: Fiesta Bowl (GF, H, DF) XL Taquitos (H, DF)</p> <p>Sides: Southwest Quinoa Roasted Tuscan Vegetables (GF, V, H)</p>	<p>Desserts Raspberry Shortbread Cake (V) Goey Butter Cake (V) Cocoa Bliss Dough (V) Flourless Fudgy Torte (GF, V) Monster Bars (V) Dave's Double Chocolate Chip Dough (V)</p>

*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!

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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.