

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.

August 5

Grilled Chicken Pesto Penne (H)
Pulled Pork Enchiladas (GF, H, DF)
Toasted Cannelloni

Entrées:
Grilled Chicken Pesto Penne (H)
Pulled Pork Enchiladas (GF, H, DF)

Sides:
Bacon, Beans + Greens (GF, H, DF)
Kale + Butternut Squash Quinoa (GF, V, H, DF)

Entrées

Shepherd's Pie (GF, H)
Butternut Squash Mac + Cheese (V, H)
Meatball Subs + Marinara
Rice + Bean Burritos (V, H)
Honey Stung Chicken Bites (V, H, DF)

August 12

NEW! Mozzarella Stuffed Chicken Meatballs + Red Pepper Pistou (H)
Beef Ragout + Cauliflower Mash (GF, H)
Pretzel Chicken (H, DF)

Entrées:
NEW! Mozzarella Stuffed Chicken Meatballs + Red Pepper Pistou (H)
Beef Ragout + Cauliflower Mash (GF, H)

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

Sides

Southwest Quinoa (GF, V, H)
Parmesan Carrots (GF, V, H)
Chickpea + Cauliflower Curry (GF, V, H, DF)
Seasonal Roasted Vegetables (GF, V, H, DF)
French Onion Broccoli (GF, V, H)

August 19

Louisiana Red Beans + Rice (GF, H)
Pesto Primavera (V, H)
Homestyle Chicken Pot Pie

Entrées:
Louisiana Red Beans + Rice (GF, H)
Pesto Primavera (V, H)

Sides:
Carrot Souffle (V)
French Onion Green Beans (GF, V, H)

Appetizers

Buffalo Chicken Dip (GF)
Honey Goat Cheese (GF, V)
Queso Dip (V)
Spinach Artichoke Dip (GF, V)
NEW! Smoky Ancho Hummus (GF, H, V, DF)
Herb + Tomato Goat Cheese Dip (GF, V)

August 26

Merry's Mighty Good Meatballs (GF, H, DF)
Fiesta Bowl (GF, H, DF)
Ham + Cheddar Strata

Entrées:
Merry's Mighty Good Meatballs (GF, H, DF)
Fiesta Bowl (GF, H, DF)

Sides:
Buffalo Cauliflower (GF, V, H, DF)
Spinach Pesto Quinoa (GF, V, H)

Desserts

Raspberry Shortbread Cake (V)
Goopy Butter Cake (V)
Cocoa Bliss Dough (V)
Flourless Fudgy Torte (GF, V)
Monster Bars (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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