

# Nourish

BY HOLLYBERRY

## SUBSCRIPTION MEAL PLAN - SPRING / SUMMER 2018

### WHOLESOME HELPINGS

### HEARTY + HEALTHY

### CHEF'S CHOICE

<b>WEEK 1</b> May 21-25	Beef Ragout + Cauliflower Puree Red Thai Curry Chicken + Veggies Grilled Chicken Pesto Penne	Beef Ragout + Cauliflower Puree Red Thai Curry Chicken + Veggies Broccoli + Potatoes Seasonal Roasted Veggies	Beef Ragout + Cauliflower Puree Red Thai Curry Chicken + Veggies Broccoli + Potatoes Chocolate Goopy Butter Cake
<b>WEEK 2</b> May 28- Jun 1	Pretzel Chicken Philly Bake Pulled Pork Burritos	Pretzel Chicken Rice + Bean Burritos Balsamic Green Beans Tuscan Roasted Vegetables	Pretzel Chicken Philly Bake Balsamic Green Beans Classic Hummus + Pita Chips
<b>WEEK 3</b> Jun 4-8	Tuscan Chicken Pork Tamale Pie Chicken Carbonara Mac + Cheese	Tuscan Chicken Pork Tamale Pie Southwest Quinoa Rice Pilaf	Tuscan Chicken Pork Tamale Pie Rice Pilaf Chocolate Goopy Butter Cake
<b>WEEK 4</b> Jun 11-15	Black Bean Burgers Chicken + Rice Roasted Red Pepper Soup + Bread Bowls	Black Bean Burgers Chicken + Rice Cauliflower Mash Vegetable Gratin	Black Bean Burgers Chicken + Rice Roasted Red Pepper Soup + Bread Bowls Monster Bars
<b>WEEK 5</b> Jun 18-22	Cashew Chicken Merry's Mighty Good Meatballs Butternut Squash Mac	Cashew Chicken Merry's Mighty Good Meatballs Butternut Squash Mac + Cheese Edamame Succotash	Cashew Chicken Merry's Mighty Good Meatballs Edamame Succotash Strawberry Cupcakes
<b>WEEK 6</b> Jun 25-29	Pesto + Goat Cheese Chicken Pulled Pork Enchiladas Buffalo Chicken Wrap	Pesto + Goat Cheese Chicken Pulled Pork Enchiladas Jalapeño Cheddar Spoonbread Twice Baked Sweet Potatoes	Pesto + Goat Cheese Chicken Pulled Pork Enchiladas Jalapeño Cheddar Spoonbread Cocoa Bliss Cookie Dough
<b>WEEK 7</b> Jul 2-6	Steak + Chicken Fajitas Chicken Chardonnay Baked Ziti	Steak + Chicken Fajitas Mediterranean Strata Broccoli Tots Berry Nutritious Oatmeal Bake	Steak + Chicken Fajitas Chicken Chardonnay Broccoli Tots Berry Nutritious Oatmeal Bake
<b>WEEK 8</b> Jul 9-13	Homestyle Chicken Pot Pie Greek Turkey Burgers + Tzatziki Sauce Pimento-Stuffed Chicken	Homestyle Chicken Pot Pie Greek Turkey Burgers + Tzatziki Sauce Parmesan Roasted Carrots Beans, Bacon + Greens	Homestyle Chicken Pot Pie Greek Turkey Burgers + Tzatziki Sauce Beans, Bacon + Greens Buffalo Chicken Dip
<b>WEEK 9</b> Jul 16-20	XL Chicken Taquitos Meatloaf Cupcakes Chicken Confetti Spaghetti	XL Chicken Taquitos Meatloaf Cupcakes Sesame Sugar Snap Peas French Onion Broccoli	XL Chicken Taquitos Meatloaf Cupcakes French Onion Broccoli Lemon Zucchini Cake
<b>WEEK 10</b> Jul 23-27	Stuffed Shells + Roasted Red Pepper Marinara Spring Chicken Soup + Parmesan Pull Aparts Toasted Cannelloni + Marinara	Stuffed Shells + Roasted Red Pepper Marinara Spring Chicken Soup + Parmesan Pull Aparts Spinach Pesto Quinoa Grilled Veggies	Stuffed Shells + Roasted Red Pepper Marinara Spring Chicken Soup + Parmesan Pull Aparts Spinach Pesto Quinoa Jalapeño Popper Dip
<b>WEEK 11</b> Jul 30- Aug 3	Chicken Parmesan Pork Stir Fry Beef Kabobs	Chicken Parmesan Pork Stir Fry Bang Bang Cauliflower Veggie Fried Quinoa	Chicken Parmesan Pork Stir Fry Veggie Fried Quinoa Dave's Double Chip Dough
<b>WEEK 12</b> Aug 6-10	Honey Stung Chicken Bites Fiesta Bowl Meatball Subs	Honey Stung Chicken Bites Fiesta Bowl 3 Sisters BBQ Baked Beans Asian Veggie Medley	Honey Stung Chicken Bites Fiesta Bowl 3 Sisters BBQ Baked Beans Spinach Dip

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.