

# Nourish

BY HOLLYBERRY

## SUBSCRIPTION MEAL PLAN - SPRING 2018

### WHOLESOME HELPINGS

Beef Ragout + Cauliflower Puree  
Red Thai Curry Chicken + Veggies  
Grilled Chicken Pesto Penne

Pretzel Chicken  
Philly Bake  
Pulled Pork Burritos

Black Bean Burgers  
Chicken + Rice  
Roasted Red Pepper Soup + Bread Bowls

Tuscan Chicken  
Pulled Pork Tamale Pie  
Chicken Carbonara Mac + Cheese

Artichoke-Sundried Tomato Pizza  
Pulled Pork Enchiladas  
Pimento Stuffed Chicken

Cashew Chicken  
Merry's Mighty Good Meatballs  
Butternut Squash Mac

Homestyle Chicken Pot Pie  
Greek Turkey Burgers + Tzatziki Sauce  
Buffalo Chicken Wrap

Steak + Chicken Fajitas  
Pulled Pork + Grits  
Baked Ziti

Stuffed Shells + Roasted Red Pepper Marinara  
Spring Chicken Soup + Parmesan Pull Aparts  
Toasted Cannelloni + Marinara

XL Chicken Taquitos  
Meatloaf Cupcakes  
Chicken Confetti Spaghetti

Honey Stung Chicken Bites  
Fiesta Bowl  
Meatball Subs

Chicken Parmesan  
Pork Stir Fry  
Beef Kabobs

### HEARTY + HEALTHY

Beef Ragout + Cauliflower Puree  
Red Thai Curry Chicken + Veggies  
Broccoli + Potatoes  
Seasonal Roasted Veggies

Pretzel Chicken  
Rice + Bean Burritos  
Balsamic Green Beans  
Tuscan Roasted Vegetables

Black Bean Burgers  
Chicken + Rice  
Cauliflower Mash  
Vegetable Gratin

Tuscan Chicken  
Pulled Pork Tamale Pie  
Southwest Quinoa  
Rice Pilaf

Artichoke-Sundried Tomato Pizza  
Pulled Pork Enchiladas  
Jalapeño Cheddar Spoonbread  
Twice Baked Sweet Potatoes

Cashew Chicken  
Merry's Mighty Good Meatballs  
Butternut Squash Mac  
Oatmeal Bake

Homestyle Chicken Pot Pie  
Greek Turkey Burgers + Tzatziki Sauce  
Parmesan Roasted Carrots  
Beans, Bacon + Greens

Steak + Chicken Fajitas  
N'Orleans Dirty Rice  
Broccoli Tots  
Edamame Succotash

Stuffed Shells + Roasted Red Pepper Marinara  
Spring Chicken Soup + Parmesan Pull Aparts  
Spinach Pesto Quinoa  
Grilled Veggies

XL Chicken Taquitos  
Meatloaf Cupcakes  
Sesame Sugar Snap Peas  
French Onion Broccoli

Honey Stung Chicken Bites  
Fiesta Bowl  
3 Sisters BBQ Baked Beans  
Asian Veggie Medley

Chicken Parmesan  
Pork Stir Fry  
Bang Bang Cauliflower  
Veggie Fried Quinoa

### CHEF'S CHOICE

Beef Ragout + Cauliflower Puree  
Red Thai Curry Chicken + Veggies  
Broccoli + Potatoes  
Chocolate Goey Cake

Pretzel Chicken  
Philly Bake  
Balsamic Green Beans  
Classic Hummus + Pita Chips

Black Bean Burgers  
Chicken + Rice  
Roasted Red Pepper Soup + Bread Bowls  
Monster Bars

Tuscan Chicken  
Pulled Pork Tamale Pie  
Rice Pilaf  
Honey Goat Cheese Dip + Crackers

Artichoke-Sundried Tomato Pizza  
Pulled Pork Enchiladas  
Jalapeño Cheddar Spoonbread  
Cocoa Bliss Cookie Dough

Cashew Chicken  
Merry's Mighty Good Meatballs  
Oatmeal Bake  
Strawberry Cupcakes

Homestyle Chicken Pot Pie  
Greek Turkey Burgers + Tzatziki Sauce  
Beans, Bacon + Greens  
Buffalo Chicken Dip

Steak + Chicken Fajitas  
Pulled Pork + Grits  
Edamame Succotash  
Grasshopper Cupcakes

Stuffed Shells + Roasted Red Pepper Marinara  
Spring Chicken Soup + Parmesan Pull Aparts  
Spinach Pesto Quinoa  
Jalapeño Popper Dip

XL Chicken Taquitos  
Meatloaf Cupcakes  
French Onion Broccoli  
Zucchini Lemon Cake

Honey Stung Chicken Bites  
Fiesta Bowl  
3 Sisters BBQ Baked Beans  
Spinach Dip

Chicken Parmesan  
Pork Stir Fry  
Veggie Fried Quinoa  
Dave's Double Chip Dough