

Nourish

BY HOLLYBERRY

V VEGETARIAN

GF GLUTEN-FREE INGREDIENTS

H HEALTHY

SUBSCRIPTION MEAL PLAN WHOLESOME HELPINGS

WEEK 1 - FEB 26-MAR 1

dinner **BEEF RAGOUT + CAULIFLOWER PUREE**
ground beef | pearl onions | tomatoes
semolina wheat | cauliflower

H

dinner **RED THAI CURRY CHICKEN + VEGGIES**
shredded chicken | basmati rice | red curry
zucchini | peppers | onions

GF H

dinner **GRILLED CHICKEN PESTO PENNE**
julienne grilled chicken | bell peppers
broccoli | peas | pesto cream sauce

H

WEEK 2 - MAR 5-9

dinner **PRETZEL ENCRUSTED CHICKEN**
chicken breast | crushed pretzels
Dijon honey mustard

H

dinner **PHILLY BAKE**
beef | egg noodles | bell peppers
Ro-tel cheese sauce

dinner **PULLED PORK BURRITOS**
black beans | white rice | pulled pork | cheddar

H

WEEK 3 - MAR 12-16

dinner **BLACK BEAN BURGERS**
black beans | peppers | ancho yogurt

V H

dinner **CHICKEN + RICE**
shredded chicken | basmati rice
green beans | mushroom

H

dinner **ROASTED RED PEPPER SOUP + BREAD BOWLS**
roasted red pepper | smoked gouda

V GF

WEEK 4 - MAR 19-23

dinner **TUSCAN CHICKEN**
basil pesto | marinated chicken breast
honey ham

GF H

dinner **PORK TAMALES**
carnitas | red bell pepper | coleslaw blend
sharp cheddar | masa

GF H

dinner **CHICKEN CARBONARA MAC + CHEESE**
baked chicken | bacon cream sauce
pipette pasta | aged cheddar

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WHOLESOME HELPINGS

WEEK 5 - MAR 26-30

dinner **ARTICHOKE + SUN-DRIED TOMATO PIZZA**
house-made crust | goat cheese
sun-dried tomato | artichoke | basil
V H

dinner **PULLED PORK ENCHILADAS**
pulled pork | corn tortillas | roasted corn
green chilies | black beans
GF H

dinner **PIMIENTO STUFFED CHICKEN**
butterfly chicken breast | pimiento cheddar
Cajun panko

WEEK 6 - APR 2-6

dinner **CASHEW CHICKEN**
diced chicken | broccoli | bell peppers
rice | toasted sesame- ginger sauce
GF H

dinner **MERRY'S MIGHTY GOOD MEATBALLS**
lean ground beef | kale | bell pepper | zucchini
onion | herbed tomato sauce
V H

dinner **BUTTERNUT SQUASH MAC + CHEESE**
pureed butternut squash + cheddar cheese sauce
macaroni noodles
V

WEEK 7 - APR 9-13

dinner **HOMESTYLE CHICKEN POT PIE**
chicken | peas | carrots | onions
creamy sage gravy | flaky pie crust

dinner **GREEK TURKEY BURGERS + TZATZIKI SAUCE**
ground turkey | feta | Greek herbs | tzatziki sauce
H

dinner **BUFFALO CHICKEN WRAP**
slaw blend | charred corn | chicken fritters
flour tortillas | Frank's RedHot Sauce

WEEK 8 - APR 16-20

dinner **STEAK + CHICKEN FAJITAS**
julienne vegetables | flank steak
chicken breast
GF H

dinner **PULLED PORK + CHEDDAR GRITS**
grits | pulled bbq pork | cheddar
GF

dinner **BAKED ZITI**
beef | parmesan | cottage cheese
penne | Italian herbs
H

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WHOLESOME HELPINGS

WEEK 9 - APR 23-27



dinner **STUFFED SHELLS + RED PEPPER MARINARA**
jumbo pasta shells | red pepper marinara
ricotta | mozzarella


dinner **SPRING CHICKEN SOUP +
PARMESAN PULL-APARTS**
cheese tortellini | roasted chicken
baby spinach


dinner **TOASTED CANNELLONI + MARINARA**
stuffed semolina noodle | crispy crust
herbed marinara


WEEK 10 - APR 30-MAY 4

dinner **XL CHICKEN TAQUITOS**
shredded cheese | red bell peppers
black beans | Greek yogurt | Ro-tel

dinner **MEATLOAF CUPCAKES**
lean ground beef | Italian spices
whipped potato icing
 

dinner **CHICKEN CONFETTI SPAGHETTI**
semolina noodles | chicken breast
aged cheddar | southwest vegetables

WEEK 11 - MAY 7-11



dinner **HONEY STUNG CHICKEN BITES**
chicken breast | panko breading
sweet pepper dipping sauce


dinner **FIESTA BOWL**
Spanish rice | pork tenderloin | fajita vegetables
 

dinner **MEATBALL SUBS**
baguettes | meatballs | marinara | mozzarella

WEEK 12 - MAY 14-18

dinner **CHICKEN PARMESAN**
chicken breast | parmesan crust | marinara


dinner **PORK STIR FRY**
pork tenderloin medallions | edamame
bell pepper
 

dinner **BEEF KABOBS**
beef tenderloin | bell pepper | onion
teriyaki marinade
 

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Nourish

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SUBSCRIPTION MEAL PLAN HEARTY + HEALTHY

WEEK 1 - FEB 26-MAR 1

- dinner** **BEEF RAGOUT + CAULIFLOWER PUREE**
ground beef | pearl onions | tomatoes
semolina wheat | cauliflower
H
- dinner** **RED THAI CURRY CHICKEN + VEGGIES**
shredded chicken | basmati rice | red curry
zucchini | peppers | onions
GF H
- side** **BROCCOLI + POTATOES**
broccoli florets | baby potatoes | parmesan cheese
V GF H
- side** **SEASONAL ROASTED VEGETABLES**
cauliflower | red pepper | butternut squash
broccoli | carrots | green beans | onions | herbs
V GF H

WEEK 2 - MAR 5-9

- dinner** **PRETZEL ENCRUSTED CHICKEN**
chicken breast | crushed pretzels
Dijon honey mustard
H
- dinner** **RICE + BEAN BURRITOS**
black beans | white rice | charred corn + peppers
V H
- side** **BALSAMIC GREEN BEANS**
green beans | olive oil | garlic | balsamic
V GF H
- side** **TUSCAN ROASTED VEGETABLES**
grape tomatoes | carrots | onion
thyme | balsamic glaze
V GF H

WEEK 3 - MAR 12-16

- dinner** **BLACK BEAN BURGERS**
black beans | peppers | ancho yogurt
V H
- dinner** **CHICKEN + RICE**
shredded chicken | basmati rice
green beans | mushroom
H
- side** **CAULIFLOWER MASH**
russet potatoes | cauliflower
V GF H
- side** **VEGETABLE GRATIN**
spring vegetables | Italian herbs | parmesan
V GF H

WEEK 4 - MAR 19-23

- dinner** **TUSCAN CHICKEN**
basil pesto | marinated chicken breast
honey ham
GF H
- dinner** **PORK TAMALES**
carnitas | red bell pepper | coleslaw blend
sharp cheddar | masa
GF H
- side** **SOUTHWEST QUINOA**
quinoa | fire roasted corn | bell peppers | cilantro
V GF H
- side** **RICE PILAF**
basmati rice | diced vegetables
V GF H



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HEARTY + HEALTHY

WEEK 5 - MAR 26-30

- dinner **ARTICHOKE + SUN-DRIED TOMATO PIZZA**
house-made crust | goat cheese
sun-dried tomato | artichoke | basil
V H
- dinner **PULLED PORK ENCHILADAS**
pulled pork | corn tortillas | roasted corn
green chilies | black beans
GF H
- side **JALAPEÑO CHEDDAR SPOONBREAD**
creamed corn | jalapeños | garlic | shredded cheddar
V H
- side **TWICE BAKED SWEET POTATOES**
whipped sweet potatoes | Mexican spices
V GF H

WEEK 6 - APR 2-6

- dinner **CASHEW CHICKEN**
diced chicken | broccoli | bell peppers
rice | toasted sesame-ginger sauce
GF H
- dinner **MERRY'S MIGHTY GOOD MEATBALLS**
lean ground beef | kale | bell pepper | zucchini
onion | herbed tomato sauce
V H
- side **BUTTERNUT SQUASH MAC + CHEESE**
pureed butternut squash + cheddar cheese sauce
macaroni noodles
V
- side **BERRY NUTRITIOUS OATMEAL BAKE**
mixed berries | banana | quinoa | oatmeal
V GF H

WEEK 7 - APR 9-13

- dinner **HOMESTYLE CHICKEN POT PIE**
chicken | peas | carrots | onions
creamy sage gravy | flaky pie crust
- dinner **GREEK TURKEY BURGERS + TZATZIKI SAUCE**
ground turkey | feta | Greek herbs | tzatziki sauce
H
- side **PARMESAN ROASTED CARROTS**
batonette carrots | parmesan | herbs
V GF H
- side **BEANS, BACON + GREENS**
white beans | bacon | sun-dried tomatoes | spinach
GF H

WEEK 8 - APR 16-20

- dinner **STEAK + CHICKEN FAJITAS**
julienne vegetables | beef flank steak
chicken breast
GF H
- dinner **N'ORLEANS DIRTY RICE**
Cajun vegetables | pork sausage | basmati rice
GF H
- side **BROCCOLI TOTS**
broccoli | cheddar cheese | Italian bread crumbs
V H
- side **EDAMAME SUCCOTASH**
shelled edamame | corn | sweet peppers | red onion
V GF H

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HEARTY + HEALTHY

WEEK 9 - APR 23-27

dinner **STUFFED SHELLS + RED PEPPER MARINARA**
jumbo pasta shells | red pepper marinara
ricotta | mozzarella



dinner **SPRING CHICKEN SOUP +
PARMESAN PULL-APARTS**
cheese tortellini | roasted chicken
baby spinach



side **SPINACH PESTO QUINOA**
quinoa | spinach | pesto | parmesan



side **GRILLED VEGGIES**
char-grilled vegetables | thyme | balsamic glaze



WEEK 10 - APR 30-MAY 4

dinner **XL CHICKEN TAQUITOS**
shredded cheese | red bell peppers
black beans | Greek yogurt | Ro-tel

dinner **MEATLOAF CUPCAKES**
lean ground beef | Italian spices
whipped potato icing



side **SESAME SUGAR SNAP PEAS**
sugar snap peas | toasted sesame oil
sesame seeds | garlic



side **FRENCH ONION BROCCOLI**
butter caramelized onion | broccoli



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WEEK 11 - MAY 7-11

dinner **HONEY STUNG CHICKEN BITES**
chicken breast | panko breading
sweet pepper dipping sauce



dinner **FIESTA BOWL**
Spanish rice | pork tenderloin | fajita vegetables



side **3 SISTERS BBQ BAKED BEANS**
bbq baked beans | charred corn | zucchini | bacon



side **ASIAN VEGGIE MEDLEY**
broccoli | peppers | edamame | carrots
toasted sesame-ginger sauce



WEEK 12 - MAY 14-18

dinner **CHICKEN PARMESAN**
chicken breast | parmesan crust | marinara



dinner **PORK STIR FRY**
pork tenderloin medallions | edamame
bell pepper



side **BANG BANG CAULIFLOWER**
cauliflower florets | sweet chili sauce
lime | garlic



side **VEGGIE FRIED QUINOA**
roasted corn and edamame | quinoa
toasted sesame-ginger sauce



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SUBSCRIPTION MEAL PLAN CHEF'S CHOICE

WEEK 1 - FEB 26-MAR 1

- dinner** **BEEF RAGOUT + CAULIFLOWER PUREE**
ground beef | pearl onions | tomatoes
semolina wheat | cauliflower
H
- dinner** **RED THAI CURRY CHICKEN + VEGGIES**
shredded chicken | basmati rice | red curry
zucchini | peppers | onions
GF H
- side** **BROCCOLI + POTATOES**
broccoli florets | baby potatoes | parmesan cheese
V H
- chef's special** **CHOCOLATE GOOEY BUTTER CAKE**
butter | cream cheese | eggs | vanilla | chocolate
V

WEEK 2 - MAR 5-9

- dinner** **PRETZEL ENCRUSTED CHICKEN**
chicken breast | crushed pretzels
Dijon honey mustard
H
- dinner** **PHILLY BAKE**
beef | egg noodles | bell peppers
Ro-tel cheese sauce
- side** **BALSAMIC GREEN BEANS**
green beans | olive oil | garlic | balsamic
V GF H
- chef's special** **CLASSIC HUMMUS + PITA CHIPS (NOT GF)**
chickpeas | garlic | lemon juice
V GF H

WEEK 3 - MAR 12-16

- dinner** **BLACK BEAN BURGERS**
black beans | peppers | ancho yogurt
V H
- dinner** **CHICKEN + RICE**
shredded chicken | basmati rice
green beans | mushroom
H
- side** **ROASTED RED PEPPER SOUP + BREAD BOWLS**
roasted red pepper | smoked gouda
V GF
- chef's special** **MONSTER BARS**
chocolate chips | m&m's | white chips | cookie dough
V

WEEK 4 - MAR 19-23

- dinner** **TUSCAN CHICKEN**
basil pesto | marinated chicken breast
honey ham
GF H
- dinner** **PORK TAMALE PIE**
carnitas | red bell pepper | coleslaw blend
sharp cheddar | masa
GF H
- side** **RICE PILAF**
basmati rice | diced vegetables
V GF H
- chef's special** **HONEY GOAT CHEESE + CRACKERS (NOT GF)**
candied nuts | dried cranberries
creamy goat cheese
V GF

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CHEF'S CHOICE

WEEK 5 - MAR 26-30

- dinner **ARTICHOKE + SUN-DRIED TOMATO PIZZA**
house-made crust | goat cheese
sun-dried tomato | artichoke | basil
V H
- dinner **PULLED PORK ENCHILADAS**
pulled pork | corn tortillas | roasted corn
green chilies | black beans
GF H
- side **JALAPEÑO CHEDDAR SPOONBREAD**
creamed corn | jalapeños | garlic | shredded cheddar
V
- chef's special **COCOA BLISS COOKIE DOUGH**
chocolate chips white chips | heath pieces
chocolate batter
V

WEEK 6 - APR 2-6

- dinner **CASHEW CHICKEN**
diced chicken | broccoli | bell peppers
rice | toasted sesame-ginger sauce
GF H
- dinner **MERRY'S MIGHTY GOOD MEATBALLS**
lean ground beef | kale | bell pepper | zucchini
onion | herbed tomato sauce
V H
- side **BERRY NUTRITIOUS OATMEAL BAKE**
mixed berries | banana | quinoa | oatmeal
V GF H
- chef's special **STRAWBERRY CUPCAKES**
strawberries | strawberry-cream cheese icing
V

WEEK 7 - APR 9-13

- dinner **HOMESTYLE CHICKEN POT PIE**
chicken | peas | carrots | onions
creamy sage gravy | flaky pie crust
- dinner **GREEK TURKEY BURGERS + TZATZIKI SAUCE**
ground turkey | feta | Greek herbs | tzatziki sauce
H
- side **BEANS, BACON + GREENS**
white beans | bacon | sun-dried tomatoes | spinach
GF H
- chef's special **BUFFALO CHICKEN DIP**
pulled chicken | Frank's RedHot sauce
mozzarella
GF H

WEEK 8 - APR 16-20

- dinner **STEAK + CHICKEN FAJITAS**
julienne vegetables | beef flank steak
chicken breast
GF H
- dinner **PULLED PORK + CHEDDAR GRITS**
grits | pulled bbq pork | cheddar
GF
- side **EDAMAME SUCCOTASH**
shelled edamame | corn | sweet peppers | red onion
V GF H
- chef's special **GRASSHOPPER CUPCAKES**
chocolate cupcake | mint buttercream
chocolate ganache
V

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dinner **STUFFED SHELLS + RED PEPPER MARINARA**
jumbo pasta shells | red pepper marinara
ricotta | mozzarella



dinner **SPRING CHICKEN SOUP +
PARMESAN PULL-APARTS**
cheese tortellini | roasted chicken
baby spinach



side **SPINACH PESTO QUINOA**
quinoa | spinach | pesto | parmesan



chef's special **JALAPEÑO POPPER DIP**
jalapeño | cream cheese | aged cheddar
parmesan | panko



WEEK 10 - APR 30-MAY 4

dinner **XL CHICKEN TAQUITOS**
shredded cheese | red bell peppers
black beans | Greek yogurt | Ro-tel

dinner **MEATLOAF CUPCAKES**
lean ground beef | Italian spices
whipped potato icing



side **FRENCH ONION BROCCOLI**
butter caramelized onion | broccoli



chef's special **LEMON ZUCCHINI CAKE**
lemon zest | zucchini | sugar glaze



WEEK 11 - MAY 7-11

dinner **HONEY STUNG CHICKEN BITES**
chicken breast | panko breading
sweet pepper dipping sauce



dinner **FIESTA BOWL**
Spanish rice | pork tenderloin | fajita vegetables



side **3 SISTERS BBQ BAKED BEANS**
bbq baked beans | charred corn | zucchini | bacon



chef's special **SPINACH ARTICHOKE DIP**
spinach | artichoke | mozzarella cheese



WEEK 12 - MAY 14-18

dinner **CHICKEN PARMESAN**
chicken breast | parmesan crust | marinara



dinner **PORK STIR FRY**
pork tenderloin medallions | edamame
bell pepper



side **VEGGIE FRIED QUINOA**
roasted corn and edamame | quinoa
toasted sesame-ginger sauce



chef's special **DAVE'S DOUBLE CHOCOLATE CHIP DOUGH**
white chocolate + dark chocolate chips
vanilla batter



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