

The Soul of American Cuisines Meal Preparation Packages

Meal Preparation Prices:

Meal options are customized to clients needs, additional charges may apply.

(1 Protein & 2 Sides or All Veggies)

10 Meals - Starting at \$115 Weekly

15 Meals - Starting at \$165 Weekly

20 Meals - Starting at \$215 Weekly

Meal Preparation Menu

Basic Protein Options:

- Ground Turkey
- Ground Beef
- Chicken (fried, baked, seared)
- Turkey Wings (fried, baked, seared)
- Sirloin Steak
- Pepper Steak
- Stuffed Chicken
- Salisbury Steak
- Shrimp (sautéed, steamed)
- Chicken Wings
- Meatballs (turkey, beef)

Premium Protein Options(\$\$):

- Ground Lamb
- Ground Bison
- Lamb Chops
- Ribeye Steak
- Filet Mignon
- Mahi Mahi
- Salmon (fried, baked, seared)
- Stuffed Salmon
- Creamy Tuscan Chicken
- Creamy Tuscan Salmon
- Crab Legs
- King Crab



- Lobster Tail

Protein Toppings

- Mushrooms
- Peppers
- Onions
- Creamy Garlic Sauce (\$\$)
- Creole Cream Sauce (\$\$)
- Sweet Thai Chili Sauce
- Honey Glaze
- Honey Lemon Pepper
- Lemon Pepper
- BBQ
- Teriyaki
- Jerk BBQ
- Jerk & Honey
- Chimichurri Sauce (\$\$)
- Mango Pico de Gallo
- Pico de Gallo

Basic Sides:

- Low Carb Marinara Pasta
- Low Carb Cream Garlic Pasta
- Quinoa
- Rice (white, brown, wild)
- Roasted Potatoes
- Garlic Mash Potatoes
- Sweet Potato
- Butternut Squash
- Broccoli (sautéed, steamed)
- Fresh Green Beans (sautéed, steamed)
- Snap Peas
- Sautéed Kale
- Corn on the Cob
- Black Beans
- House Salad (ranch, honey mustard, italian dressing, balsamic vinaigrette)
- Caesar Salad
- Kale Salad (parmesan, apples, cranberries, shaved almonds)
- Spinach Salad (feta, pecans, apples, cranberries, tomatoes)

- Asparagus
- Fruit Salad
- Sautéed Vegetable Medley
- Spaghetti
- Baked Potato

Premium Sides(\$\$):

- Ground Turkey Stuffed Peppers (quinoa, brown rice, wild rice, white rice)
- Ground Beef Stuffed Peppers (quinoa, brown rice, wild rice, white rice)
- Potato Medley (purple, sweet, russet potatoes)
- Butternut Squash Puree
- Green Bean Medley
- Pasta Alla Vodka
- Creamy Rasta Pasta
- Baked Lasagna
- Loaded Potato
- Stuffed Potato

Menu Themes

- Stir Fry
- Tacos, Burritos, Enchiladas
- Keto
- Low-Carb
- High Protein
- Weight Loss
- Weight Gain