

DOPE SOUL KITCHEN

Meal Prep Menu

MEAL PREP PACKAGE

HEALTHY MEALS. REAL INGREDIENTS. MADE FOR YOU.



10 MEALS



2 ENTRÉE CHOICES



\$150

BUILD YOUR OWN



PICK ONE PROTEIN

-  Smoked Jerk Chicken (Bone-In)
-  Seasoned Ground Turkey
-  Savory Butter Chicken
-  Homestyle Meatloaf
-  Honey Sesame Salmon
-  Smoky Grilled Shrimp



PICK ONE CARB

-  Garlic-Herb Basmati Rice
-  Honey Roasted Sweet Potatoes
-  Seasoned Brown Rice
-  Rice & Peas
-  Creamy Mashed Potatoes



PICK ONE VEGGIE

-  Sautéed Broccoli
-  Southern Cabbage
-  Roasted Mixed Veggies
-  Sautéed Green Beans
-  Lemon-Butter Asparagus
-  Maple Bacon Brussels Sprouts

HOW TO ORDER:

1



SELECT PLAN:
Build Your Own Meal

2



SUBMIT ORDER:
Place order by
Friday at 8:00 PM
with a 50% deposit.

3



RECEIVE DELIVERY:
Delivery is Sunday
before 12:00 PM;
pay the remaining 50%.



682-456-4782



The Viridian
Arlington, TX 76005



dopesoulkitchenllc.com