

DOPE SOUL KITCHEN

Meal Prep Menu

OPTION ONE

HEALTHY MEALS. REAL INGREDIENTS. MADE FOR YOU.



SELECT ONE

5 MEALS

\$65

10 MEALS

\$120

14 MEALS

\$161



ENTRÉE SELECTION LIMIT

5 MEALS

ONE

10 MEALS

TWO

14 MEALS

TWO

MADE
FRESH
FOR YOU

An additional \$2.50 will be added per premium meal

BUILD YOUR OWN



PICK ONE CARB



Jasmine Rice



Roasted Sweet Potatoes



Brown Rice



Quinoa



Mashed Potatoes



Tumeric Rice



PICK ONE VEGGIE



Broccoli



Brussel Sprouts



Roasted Mixed Veggies



Green Beans



Asparagus



Mushrooms & Onions



PICK ONE PROTEIN



Marinated Grilled Chicken Breast



Ground Turkey



Chicken Shawrma (thigh meat)



Ground Beef

★ PREMIUM OPTIONS ★



Pan-Seared Salmon



Grilled Shrimp

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 12:00PM;
pay the remaining 50%.



682-456-4782



The Viridian
Arlington, TX 76005



dopesoulkitchenllc.com

DOPE SOUL KITCHEN



OPTION TWO:

MACRO MATCH

PERSONALIZED NUTRITION. **MADE FOR YOU.**



TELL US YOUR NUMBERS:

Let us know your target daily intake for Protein, Carbohydrates, and fats.



WE DEVISE YOUR PLAN:

Our team of certified nutritionists will use your macro targets to design a delicious, personalized weekly menu just for you.



PRICING IS TAILORED

Pricing is tailored to your specific needs.



ENJOY YOUR MEAL PREP:

Receive perfectly portioned meals delivered to your door.



ALL YOU HAVE TO DO
is **heat and eat!**



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NUTRITIONAL FACTS

KNOW YOUR FOOD. FUEL YOUR BODY.



Calories
= Energy










Protein
= Build & Repair



Carbs
= Fuel



Fat
= Healthy Fats








 PROTEIN (PER SERVING)	CALORIES (EST.)	PROTEIN (g)	CARBS (g)	FAT (g)
 Chicken Breast (6 oz)	280	54	0	6
 Ground Turkey (6 oz)	345	46	0	18
 Pan-Seared Salmon (7 oz)	340	38	0	25
 Grilled Shrimp (6 oz)	210	40	1	3
 Ground Beef (6 oz)	300	35	1	17
 Chicken Shawarma (1 cup)	475	35	20	15

WHY PROTEIN?



Helps build muscle, repair tissues, and keeps you feeling full longer.



 CARBOHYDRATES (½ CUP)	CALORIES (EST.)	PROTEIN (g)	CARBS (g)	FAT (g)
 Jasmine Rice	125	4	45	1
 Roasted Sweet Potatoes	90	2	15	1
 Brown Rice	110	2.5	23	1
 Turmeric Rice	110	2	23	0
 Quinoa	115	4	21	2
 Mashed Potatoes	215	4	23	6

WHY CARBS?



Main source of energy for your body and brain. Choose complex carbs for lasting energy.



 VEGETABLES (1 CUP)	CALORIES (EST.)	PROTEIN (g)	CARBS (g)	FAT (g)
 Broccoli	82	3	6	1
 Brussel Sprouts	60	3	8	1
 Roasted Veggies (Mixed)	120	3	15	5
 Green Beans	80	3	7	1
 Mushrooms and Onions	75	4	10	3
 Asparagus	70	3	5	1

WHY VEGGIES?



Packed with vitamins, minerals, and fiber to support immunity and overall health.



BUILD A BALANCED MEAL



1 PROTEIN
Helps build and repair



1 CARB
Fuels your workouts and day



1 VEGGIE
Adds nutrients, fiber, and volume



A BALANCED MEAL
For energy, muscle recovery, and results.



TIPS

- Drink plenty of water
- Adjust portions to fit your goals
- Consistency is key!




NOTE

Values are estimates and may vary based on preparation methods and ingredients.



EAT CLEAN. LIVE STRONG.

We've got your meals! 



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