

## Gourmet 2 Go Meal Prep

### Build your own plate

Choose one protein:

\$8 vegetarian plate (3 veggies)

\$10 Chicken or Turkey

\$13 shrimp, salmon

Choose two sides

Brown Rice, Sweet potato,

Quinoa, Wild rice, Broccoli

& Spinach, Kale, Green beans,

- #1 Turkey burger w/ 2 sides \$10 (grass fed beef \$12)
- #2 Taco bowl (chicken or Turkey, brown rice or quinoa, black beans, grilled onion and peppers) \$10
- #3 Falafel w/ 2 sides (vegan/ vegetarian fave) \$10
- #4 Greek bowl (chicken or Turkey, brown rice or quinoa, chickpeas, tomato, artichoke, spinach, grilled peppers and onions) \$12
- #5 Super Salad (see menu at [www.soulfullysmooth.com](http://www.soulfullysmooth.com)) \$10
- #6 Petite veggie omelettes (peppers onion broccoli or spinach) \$10
- #7 Petite meat omelettes (Turkey sausage crumbles 2 veggies) \$10

\*Pricing subject to change based off season and availability of produce.

- First 7 customers free delivery (within 10 miles)
- Minimum \$50 order Delivery charge \$5
- Orders can be placed weekly for delivery on Tuesdays after 6pm

MEAL PREP

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Go to [soulfullysmooth.com](http://soulfullysmooth.com)

Soulfully  
Smooth

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