



Getting Started | Pricing | Terms

- Meal plans are prepared fresh weekly and available for pickup and/or delivery Mon – Friday
 - Subject to availability
 - Delivery starts at \$15, price varies on mileage and delivery frequency
 - We will contact you via text when your meal plan is available

- To place an order for the upcoming week, all orders must be submitted by 10:00PM Thursday
 - Contact us via email at: Hello@SoleilKitchen.com
 - We will respond to your request within 1-2 business days

- If you have a food allergy, please notify us the allergy/allergies immediately
 - We are not responsible for any allergic reaction to food that is not communicated
 - **Please note:** We do not cook any pork products

- Payments are sent via invoice and due by 12:00PM each Friday
 - Failure to pay by this time will cancel out the invoice unless otherwise communicated
 - A 5% late fee applies to all orders not paid in full by the due date specified

- Meal plans are non refundable
 - Limited exceptions apply
 - In the event an exception is granted, it will be issued as a credit to use at a later time

- There are no obligations to do meal plans each week; many clients order meal prep seasonally
 - Please contact us for more details

Weekly Meal Plan Packages	
Plan Type	Cost
Foodie	Starts at \$150
Chef Designed	Starts at \$300

Prices are subject to change without notice

Chef Designed:

- Try out a variety of delicious signature chef designed meals that will leave your taste buds wanting more! All meals include a protein and/or pasta, side item, and vegetable. Some dishes may contain dairy and gluten.

Salad Selection:

- Chicken Caesar salad
- Blackened Salmon Salad

Paleo Selection:

- Sesame Chicken & Broccoli
- Sesame Shrimp & Broccoli
- Seasonal Vegetable noodles with garlic marinara & ground turkey
- Turkey sweet chili meatballs & vegetable medley
- Ahi Tuna with Sautéed Brussels Sprout

Entrée Selection:

Please note: You can substitute yellow rice for white or brown rice.

- Seafood Pasta (contains real crab meat and shrimp)
- Cajun Shrimp Boil (shell on, head off, corn, potatoes, and turkey sausage)
- Crab Cake Sliders
- Bangin' Shrimp, Rice, and Veggies
- Lemon & Herb Cod with (1) Side and (1) Veggies
- Cajun Shrimp & Pepper Medley with rice and (1) Veggie
- Blackened Salmon with Yellow Rice and a Veggie
- Jerk Chicken and Potatoes
- Vegetable Fried Rice (can add Shrimp or Chicken)
- Garlic Marinara Pasta
- Potato Bake (veggies and turkey sausage)
- Cajun Parmesan Pasta
- Turkey Chops with side & veggie
- Quinoa, Jerk Chicken, and Sautéed Cabbage
- Grilled Ahi Tuna with garlic red potatoes and a veggie
- Cajun Shrimp & pepper medley with yellow rice and a veggie
- Diablo Vegetable Stir Fry
- Diablo Sesame chicken & vegetable stir fry
- Blackened Chicken, with sautéed cabbage and red potato mash
- Angus Beef Steak, Green Beans, and Red Potatoes

Premium Signature Entrée Selection (Add \$15 per entrée)

- Filet Mignon with Whipped Potatoes and Haricots Verts
- Crab Leg Boil