



Phone: 404.369.4377

Email: [deb@dlishesdishes.com](mailto:deb@dlishesdishes.com)

## **So D'Lishes Meal Prep**

- The prices are consistent across the board
  - Each option on the breakfast menu is \$10.00 (minimum three orders)
  - Each option on the lunch and/or dinner menu is \$13.00 (minimum two orders)
  - The prices will only change if there is an add-on or custom meal
  - Sales Tax and delivery is not included
- So D'Lishes Dishes Meal Prep Menu stays the same
- Call or text us to place your order: 404.369.4377
  - Email: [deb@dlishesdishes.com](mailto:deb@dlishesdishes.com)
- Meal Prep Delivery times vary and are by appointment only
- Menu on 2<sup>nd</sup> Page
- *Bundle Prices on 3<sup>rd</sup> Page*

### **SO D'LISHES MEAL PREP MENU**

**SO D'LISHES BREAKFAST: \$10/Serving**

*(Minimum three servings to order)*



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1. 2 Boiled Eggs, Turkey Sausage Patty's, Mixed Fruit:
2. 2 Turkey Sausage, Veggie and Egg White Muffins, Blueberries and Strawberries
3. Apple Zucchini Oat Waffles, Blueberries and Strawberries:
4. (2) Pumpkin Spice Greek Yogurt Pancakes, Turkey Sausage, Raspberries:
5. Avocado, Kale, Eggs and Brown Rice
6. Hearty Breakfast Scramble:
  - o Potatoes, Eggs, Cheese, Peppers
  - o Add (1) Turkey Sausage: \$1.00 more
  - o Add Tofu: \$2.00 more

**SO D'LISHES LUNCH AND/OR DINNER: \$13/Serving**  
*(Minimum two servings to order)*

**Poultry Power**

- A. Sautéed Chicken, Sautéed Cabbage, Brown Rice
- B. Stuffed Green Peppers with Ground Turkey, Green Beans, Cilantro Lime Brown Rice
- C. Chicken Fajitas with peppers and onions, three flour tortillas, brown rice

**Beefy Goodness**

- A. Pineapple Teriyaki Beef and Marinated Zucchini Spirals with Veggies
- B. Grilled Steak, Roasted Yellow Potatoes, Steamed Broccoli
- C. Steak Fajita with peppers and onions, three flour tortillas, brown rice

**Sassy Seafood**

- A. Salmon, Roasted Sweet Potato, Asparagus
- B. Herb Shrimp and Zucchini Spirals
- C. Spicy Shrimp and Fajita Veggies, Black Beans, Brown Rice

**PRICES (5 + Meals a Week)**

**Breakfast Only**

**(One Month, 5 meals weekly)**



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**\$200.00/Month**

**Lunch OR Dinner Only  
(One month, 5 meals weekly)**

**\$260.00/Month**

**Lunch AND Dinner Only  
(One month, 10 meals a week)**

**\$520.00 Month**

**BUNDLE AND SAVE**

**Breakfast AND Lunch OR Dinner**

**\$430/Month**

**Breakfast, Lunch AND Dinner**

**\$630/Month**