SOUTHERN SOUL CHEFS

SOULFUL MEAL

MEAL PREP SAMPLE

MEAL 1

Beef and Broccoli with Jasmine Rice

MEAL 2

Seared Salmon with Roasted Potatoes and Cabbage

MEAL 3

Spinach Stuffed Chicken with Macaroni and Cheese

MEAL 4

Meatloaf with Mashed Potatoes and String Beans

MEAL 5

Chicken and Shrimp Fettuccine Alfredo with Garden Salad