



The SOS Meal Program is a 3-week, mix-and-match menu built around clean, soulful, plant-based eating—free of salt, oil, and refined sugar, but full of comfort, culture, and big flavor. Each meal features slow-simmered beans, whole-grain pastas, gourmet vegetables, bold global seasonings, and meats from the Badass Butcher Shop for next-level protein options.

Shipping Schedule

First Box will arrive between Jan 9 -10th - The next shipments will arrive every Friday or Saturday thereafter. Shipment arrivals will vary due to delivery locations.

Menu for the 3 Weeks (5 meals per week)

1. Smothered Black Beans & Peppers + Lemon-Pepper Broccoli

Smoky black beans over brown rice, served with bright lemon-pepper broccoli.

2. Red Sauce Herb Pasta + Sautéed Mushrooms & Onions

Rich tomato herb pasta paired with savory mushrooms and onions.

3. Badass Butcher Chicken Bowl — Cajun Style + Smoky Collard Greens

Spicy Cajun chicken-style protein infused with quinoa, served with slow-simmered collards.

4. Pecan Roasted Red Pepper Pâté w/ Ezekiel Bread + Herb-Roasted Cauliflower

Creamy pecan-red pepper pâté with herb-roasted cauliflower and Ezekiel bread.

5. Mexican Charro Beans + Zucchini & Tomato Stew

Pinto beans with cilantro and cumin, paired with zucchini-tomato stew.

6. Tuscan White Bean & Kale Soup + Braised Cabbage & Carrots

Garlic-rosemary white bean soup with kale and added potatoes, plus tender cabbage and carrots.

7. Creamy White Bean Alfredo Pasta + Steamed Green Beans

Velvety Alfredo over whole-grain pasta and green beans, topped with Badass Beefy Crumble.

8. Badass Butcher Steak Bowl — Smothered Style + Maple-Roasted Carrots

Savory smothered steak over a couscous bowl, served with maple-roasted carrots.

9. Smoky Walnut “Bacon” Pâté w/ Pita Bread + Lemon-Garlic Bok Choy

Smoky walnut crumble with lemon-garlic bok choy and salt-free pita bread.

10. Garlic-Butter Mushroom & Bean Bowl + Herb-Roasted Brussels Sprouts

Creamy garlic “butter” mushrooms and beans served with roasted brussels sprouts.

11. Black-Eyed Pea Jambalaya + Southern Green Beans & Potatoes

Bold Creole-style black-eyed peas with Southern green beans and potatoes.

12. Coconut Red Peas Pasta + Roasted Sweet Potatoes

Caribbean-style red peas tossed with pasta, served with roasted sweet potatoes.

13. Badass Butcher Chicken Breast Bowl — Tuscan White Bean + Ginger-Garlic Bok Choy

Herbed chicken-style protein with Tuscan white beans and ginger-garlic bok choy.

14. Chickpea “Tuna” Salad Wrap (Seaweed) + Steamed Asparagus

Fresh chickpea “tuna” served in seaweed wrap with steamed asparagus.

15. Cajun Red Beans + Roasted Butternut Squash

Spicy, earthy Cajun red beans paired with roasted butternut squash.

**** NOTE: ITEMS MAY BE SUBJECT TO CHANGE ****

⚠ WARNING

FOOD ALLERGY

OUR FOOD MAY CONTAIN OR HAVE COME IN CONTACT WITH NUTS, SOY AND WHEAT.