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MEAL PREP

10 Meals \$150 a week! Select a main dish, and options for sides, soups, and salads will automatically appear—it's entirely your choice! They're great for a busy lifestyle, whether for lunch at work, school, and/or home. Second meal would be great for dinner or sharing! Co-workers, etc. can share the cost and divide the meals among themselves, making it an affordable and convenient option for everyone. Delivered on Sundays & Mondays!

CREOLE MEAL PREP

Creole, Cajun, and Southern cuisine reflect a rich diversity of cultures, flavors, and traditions.

STUFFED BELL PEPPER \$ 15.00

This dish takes on a unique flavor profile, incorporating ingredients like shrimp, crab meat, andouille, ground beef, creole seasoning and spices.

JAMBALAYA STUFFED BELL PEPPERS \$ 15.00

If you're seeking a delicious and inventive method to savor the traditional tastes of Jambalaya, consider these stuffed peppers. Packed with chicken, shrimp, andouille sausage, and jasmine rice, they offer a robust and flavorful experience.

PHILLY CHEESESTEAK STUFFED BELL PEPPER \$ 15.00

Philly Cheesesteak Stuffed Peppers offer a delightful low-carb twist on the classic sandwich. They serve as an excellent substitute for the traditional, bread-laden version.

CAJUN BLACKENED SALMON \$ 15.00

Savor the ideal fusion of heat and sweetness with our spicy blackened salmon, flawlessly cooked! Enjoy a crispy exterior paired with an exceptionally tender interior.

SHRIMP CREOLE & RICE \$ 15.00

One of the culinary crown jewels of the region! Using the prevalent Gulf shrimp to create the rich, deep stew-like dish with prominent tomato elements, creole seasoning, and the holy trinity.

BAKED CHICKEN \$ 15.00

2 pieces of tender oven roasted chicken seasoned with a Jazzy blend of Creole herbs and spices.

STEW CHICKEN & RICE \$ 15.00

New Orleans Style Stewed Chicken is an old Crescent City favorite that's somewhat elusive in restaurants but still cherished by home cooks. We've put it on the menu! Chicken on the bone cooked in a roux-based brown gravy, served over white rice.

CREOLE CHICKEN CACCIATORE \$ 15

A fusion of Italian and Creole flavors, featuring tender chicken thighs slow-simmered with garlic, the Holy Trinity, and mushrooms in a rich tomato-based sauce. Enhanced with olives, capers, and fresh herbs

CRAWFISH ETOUFFEE & RICE \$ 15.00

Our version is a simple dish of sweet and meaty crawfish served up in a rich and flavorful gravy! The dish includes the Cajun holy trinity, along with lots of garlic, Cajun seasonings, and fresh chopped herbs.



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SHRIMP STEW & RICE \$ 15.00

Certainly! Shrimp stew is a delightful and comforting dish that's deeply rooted in Cajun cuisine. It is practically a staple dish in the area of Louisiana known as Acadiana. Shrimp, andouille sausage, potatoes, holy trinity, garlic and Creole seasoning simmered down in roux-based brown gravy.

BEEF STEW & RICE \$ 15.00

Stick to your ribs hearty beef stew with French and Italian influences that's considered one of New Orleans' "endangered dishes", also known as Creole Daube. Ours is made with tender chuck roast cubed, carrots, potatoes, the holy trinity, garlic, Creole seasoning and spices in a roux-based brown gravy.

SMOTHERED TURKEY NECKS & RICE \$ 15.00

When it comes to soul food, there are few dishes as rich in flavor and history as smothered turkey necks. These tender and succulent cuts of meat are often overlooked but possess a uniquely satisfying taste. Meaty turkey necks cooked slow in a roux-based brown gravy. Seasoned with the holy trinity, garlic, and Creole seasoning.

CARIBBEAN JERK TURKEY NECKS \$ 15

Tender turkey necks marinated in a bold blend of Jamaican jerk spices, slow-cooked to perfection, these succulent necks are infused with smoky, spicy, and savory flavors served over yellow rice.

BBQ TURKEY WINGS \$ 15.00

BBQ smoked turkey wings are a delightful dish that combines the rich flavor of turkey with smoky barbecue goodness. smoked turkey wings are brushed with an incredible BBQ sauce, smoked low, and have a super juicy bite every time.

SMOTHERED PORK CHOP & RICE \$ 15.00

This classic, Southern Smothered Pork Chops recipe is pure comfort food at its finest. Pan-fried, super flavorful center-cut pork chops covered beautifully in rich brown gravy!



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CAJUN CRAB CAKE \$ 15.00

New Orleans crab cakes are a delightful culinary creation that combines the sweet meat of local lump blue crab with spices and a sprinkle of breadcrumbs. Baked not fried. Very meaty. Accompanied by a side of our signature white remoulade (condiment)

BOUDIN STUFFED MIRLITON \$ 15.00

Stuffed mirlitons are a delightful Louisiana dish that features the humble mirliton (also known as chayote squash) filled with flavorful Louisiana boudin. BOO-dan is made with a combination of cooked rice, pork, onions, green peppers and Cajun seasonings.

SEAFOOD STUFFED MIRLITON \$ 15.00

Seafood Stuffed Mirlitons is a delicious dish popular in Louisiana for the holidays. Here at The Creole Factor-Eats, every day is a holiday. Our stuffing is loaded with shrimp and crab meat, breadcrumbs, holy trinity, Creole seasoning and spices.

CREOLE SPAGHETTI & MEATBALLS \$ 15.00

Creole Italian Meatballs and Spaghetti is a delightful fusion of flavors that combines both Creole and Italian cuisine. our tender meatballs are 100% ground beef seasoned to perfection. Our homemade sauce is rich, vibrant, and slow simmered. Served over spaghetti pasta.

CAJUN STUFFED JUMBO SHELLS \$ 15.00

Our stuffed pasta shells got all the flavors of jambalaya mixed with andouille sausage, chicken, ricotta cheese, and Cajun seasoning and spices...stuffed into jumbo pasta shells and smothered in a delicious creole cream sauce. Topped with our Cajun cream sauce and Italian cheeses.

CREOLE CHICKEN & SAUSAGE JAMBALAYA \$ 15.00

A robust and savory dish that includes succulent chicken and smoky Andouille sausage, simmered with long-grain rice in a hearty tomato-based broth, infused with vibrant Creole spices.

CREOLE SEAFOOD JAMBALAYA \$ 15

A vibrant and flavorful one-pot dish which showcases bold and aromatic spices including the Holy Trinity-garlic, thyme, and Creole seasoning.

CAMELLIA RED BEANS & RICE \$ 15.00

Camellia Red Beans and Rice is a hearty and comforting Southern dish characterized by its rich, creamy red beans and the smoky, spicy flavor of Andouille sausage.

CREOLE WHITE BEANS & RICE \$ 15.00

Camellia White Beans and Rice is a hearty and comforting Southern dish characterized by its rich, creamy white beans, succulent shrimp and the smoky, mildly spicy flavor of Andouille sausage.



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CAMELLIA BLACK-EYE PEAS & RICE \$ 15.00

Camellia Black-Eyed Peas is a Southern comfort food dish featuring plumped-up tender black-eyed peas simmered in a flavorful pork infused broth, seasoned with ham hocks, adding a smoky and savory depth of flavor.

SALISBURY STEAK & MUSHROOMS \$ 15.00

Salisbury Steak and Gravy is like a warm hug on a plate. The tender beef patties are generously seasoned and simmered in a rich, savory gravy that's loaded with onions and mushrooms.

SOUTHERN SMOTHERED OKRA & RICE \$ 15.00

Smothered Okra with Shrimp, Chicken, and Andouille Sausage is a hearty and flavorful Creole dish that combines the tender texture of okra with the rich flavors of the south.

CARIBBEAN CURRY CHICKEN & RICE \$ 15.00

Caribbean Curry Chicken is a vibrant and flavorful dish that showcases the rich spices and tropical influences of Caribbean cuisine. This dish typically features tender chicken pieces cooked in a creamy curry sauce, often with the addition of vegetables and coconut milk.

CARIBBEAN JERK CHICKEN WINGS \$ 15.00

Jerk Chicken Wings are a flavorful and spicy dish that showcases the bold flavors of Jamaican cuisine. These wings are marinated in a jerk seasoning, a blend of spices that includes allspice, Scotch bonnet peppers, cinnamon, nutmeg, and cloves. The marinade gives the wings a unique combination of sweetness, heat, and smokiness.

ORANGE BBQ CHICKEN WINGS \$ 15.00

This recipe is more about the sauce! 6 pieces of tender, juicy chicken wings perfectly seasoned, grilled and drizzled with tangy, sweet BBQ sauce and orange zest. This sauce clings beautifully to wings.



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CAJUN STUFFED EGGPLANT \$ 15.00

Seafood Stuffed Eggplant is a delicious and flavorful dish that combines the tender flesh of eggplant with succulent shrimp, lump crabmeat, the Holy Trinity, garlic, buttery breadcrumbs, and Creole herbs and spices.

CHICKEN PARMESAN STUFFED EGGPLANT \$ 15.00

A flavorful and satisfying dish featuring eggplant boats stuffed with a savory mixture of chicken, breadcrumbs, herbs, and spices. Topped with melted mozzarella cheese and marinara sauce, this dish offers a delicious and unique twist on the classic chicken parmesan.

BBQ BEEF RIBS \$ 15.00

Our juicy delicious oven baked, tender, flavorful, fall off the bone, mouthwatering ribs will have you coming back for seconds. Candied jalapenos on the side (condiment).

CREOLE CANDIED PORK RIBS \$ 15.00

Our juicy delicious oven baked, tender, flavorful, fall off the bone, mouthwatering ribs will have you coming back for seconds. Candied jalapenos on the side (condiment).

VEGAN MEAL PREP

Creole, Cajun, Southern, and vegan cuisine reflect a rich diversity of cultures.

HONEY GINGER BUTTERNUT SQUASH STIR-FRY \$ 15.00

This dish boasts an exceptional flavor profile, featuring cabbage, spring broccoli, mushrooms, butternut squash, and just a hint of spinach. It's seasoned impeccably with a blend of Asian-Creole herbs and spices and comes with a side of spicy almond butter sauce!

CREOLE MUSHROOM BOLOGNESE \$ 15.00

Red lentils boast 12 grams of protein, offering a delightful vegan alternative to the classic Italian meat-based Bolognese sauce. This flavorful pasta dish features baby Bella mushrooms, diced carrots, and red lentils, all simmered in a rich, herb-infused tomato sauce that melds Italian seasoning with a touch of Creole spice.

CREOLE LETTUCE WRAPS \$ 15.00

If you're a fan of lettuce wraps, you must try these robust and tasty jerk-marinated baby Bella mushrooms served over Caribbean-style quinoa. Enjoy them with crisp butter lettuce and a sweet mango sauce on side.



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CARIBBEAN TOSTADAS

\$ 15.00

Crunchy corn tostada along with vegan cheese, corn, black beans & black-eye peas, plus a zesty mango salsa all combines together for the perfect Caribbean fusion! Salsa served on the side.

COCONUT SQUASH & KALE CURRY

\$ 15.00

Prepare yourself for a fusion of warm spices which includes texture, and the subtle creaminess of coconut milk blended with hints of chili and soft pieces of sweet butternut squash! Served white rice.

CARAMELIZED ONION BOW TIE PASTA

\$ 15.00

These deep brown and tender caramelized onions have a unique flavor profile that's sweet and savory! We've combined it with Farella pasta and our homemade ground beef substitute (soybean) yielding 34 grams of protein.

STUFFED BELL PEPPER W/ GUMBO STYLE DRESSING

\$ 15.00

Discover a comforting classic with an irresistible twist! These vegan stuffed peppers brim with Cajun flavors, featuring a savory mix of a roux-based stew, the 'holy trinity' of vegetables, okra, vegan sausage, and a robust blend of Cajun seasonings and spices, all paired with luscious cornbread.

CAJUN CREAMY MUSHROOM PASTA

\$ 15.00

A delightful dish that combines tender pasta with a luscious, umami-rich mushroom sauce, loaded with garlicky mushrooms and spinach, and a Cajun seasoning blend.

ROASTED VEGGIE LASAGNA

\$ 15.00

Our Roasted Veggie Lasagna offers a delectable mix of roasted vegetables, creamy vegan ricotta, and rich marinara sauce, creating a dish that is both nourishing and fulfilling. Ideal for those seeking a comforting, plant-based meal, it's a delightful culinary experience.

VEGAN CHARCUTERIE BOARD

\$ 15.00

Our Vegan Charcuterie Board is combines seasonal elements. We incorporate seasonal fruits and veggies, a balance of sweet and savory vegan cheeses, hummus, and nuts.

VEGAN TACOS \$ 15.00

These Vegan Carnitas with Mushrooms are flavorful, crispy and so delicious! Made with King oyster mushrooms.

VEGAN MEDITERRANEAN STUFFED SWEET POTATO

\$ 15.00

Vegan Stuffed Sweet Potatoes recipe filled with a Mediterranean Quinoa using sun-dried tomatoes, olives, spinach and tons of flavor!



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VEGAN SPAGHETTI SQUASH BURRITO BOWL \$ 15.00

Spaghetti Squash Burrito Bowls are roasted spaghetti squash halves stuffed with a southwestern veggie filling and melty cheese! Serve with your favorite burrito toppings for a hearty vegetarian dinner!

VEGAN CASHEW TOFU \$ 15.00

Our vegan Asian cashew tofu is inspired by some of my favorite takeout meals. Includes a mix of tofu, cashews, vegetables baked along with a light and flavorful sauce.

HAWAIIAN BBQ TOFU BOWL \$ 15.00

Our Hawaiian BBQ Tofu Bowl is bursting with flavor from roasted pineapple, peppers, onion, and zucchini in a sweet pineapple BBQ sauce

VEGAN PORTOBELLO FAJITAS \$ 15.00

Our Vegan Portobello Fajitas are mildly spicy, smoky, subtly sweet and robust! The flavors come together when the seared veggies meet the homemade fajita sauce. It's mouth-watering good!

VEGAN BLACK BEAN FAJITAS W/ SWEET CHILI SAUCE \$ 15.00

Our Vegan Black Bean Fajitas are filling and incredibly tasty with roasted vegetables and black beans in a sticky sweet chili fajita sauce!

VEGAN BANG BANG CAULIFLOWER WINGS \$ 15.00

Our Crispy, chewy, and super delicious Vegan Bang Bang Cauliflower Wings are a super satisfying! Served with coconut rice.

CREOLE RATATOUILLE \$ 15.00

Packed full of vegetables our Vegan Ratatouille is a French Provencal light & fresh dish that's gluten free, vegan, and paleo.

VEGAN INDIAN PUMPKIN CURRY \$ 15.00

This fragrant Vegan Indian-inspired Pumpkin Curry is super creamy, loaded with veggies for a healthy, comforting and satisfying vegetable curry.

VEGAN POT ROAST \$ 15.00

Our hearty, delicious and healthy vegan potato stew / pot roast with meaty jackfruit, carrot, smoky spices and tomatoes creates a combination of bold flavors.



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VEGAN CREOLE JAMBALAYA \$ 15.00

Our Vegan Jambalaya comprising of beans and vegetables is the ultimate comfort food of New Orleans! It's so delicious and packed with nutrients!

VEGAN EDAMAME PEANUT CRUNCH SALAD \$ 15.00

Crunchy, savory, perfectly spicy, this simple Asian crunch edamame salad is loaded with protein from the edamame and quinoa. It's naturally vegan, gluten free, and drizzled with a peanut dressing that is to die for.

VEGAN PAD THAI \$ 15.00

Our Vegan Pad Thai is packed with vegetables such as peas and carrots. Made with a flavorful sauce poured over rice noodles and topped with crunchy peanuts.

VEGAN SAUSAGE & VEGGIE SKILLET \$ 15.00

This tasty Fall-inspired dinner features roasted vegetables butternut squash and brussels sprouts and sausage.

MUSHROOM KABOBS W/ GARLIC BUTTER \$ 15.00

Baby Bella mushrooms marinated in a divine mixture of garlic and parsley, then brushed with vegan butter, create a true umami sensation for your palate.

CAULIFLOWER SHAWARMA BOWLS \$ 15.00

These Cauliflower Shawarma Bowls come fully loaded with roasted cauliflower and crispy chickpeas, all tossed in a homemade shawarma spice blend and drizzled with Green Tahini Sauce.

MUSHROOM BOURGUIGNON \$ 15.00

Indulge in a creamy, robust, and rich dish that epitomizes comfort food at its finest. Packed with wholesome ingredients like mushrooms, peas, and carrots, and perfectly served over a bed of mashed potatoes—all while being dairy-free!

BUTTERNUT SQUASH & BLACK BEAN ENCHILADAS \$ 15.00

Flavorful butternut squash and black bean enchilada skillet filled with fiber and protein. Butternut squash, black beans, tomatoes, cilantro and spices are simmered in a skillet with green chillies, enchilada sauce, vegan cheese and jalapeno, layered with corn tortillas.

VEGETABLE LO-MEIN \$ 15.00

The delectable lo-mein is brimming with an assortment of vegetables including red onions, purple cabbage, carrots, sweet red peppers, and garlic, all stir-fried with marinated tofu and ramen noodles.



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SENIOR SAVORY SOLUTIONS

Creating digestible meals for seniors by avoiding overly greasy, spicy, or fibrous foods, and emphasizing soft textures, lean proteins, and easily processed carbohydrates.

CHICKEN MEATBALLS & RICE PILAF

\$ 15

Our seasoned chicken meatballs are handcrafted with a perfect blend of spices, fresh herbs, and a touch of garlic. Paired with our aromatic rice pilaf, featuring fluffy rice cooked with sautéed onions, fragrant spices, and a hint of broth.

CHICKEN POT PIE \$ 15

A timeless comfort dish, our Chicken Pot Pie features tender chunks of roasted chicken paired with a medley of carrots, peas, and celery in a rich, creamy sauce infused with savory herbs.

SEAFOOD STUFFED PEPPERS W/GROUND TURKEY

\$ 15

Tender bell peppers generously filled with a savory mix of ground turkey, fresh Gulf seafood, the Holy Trinity and aromatic herbs.

SOUTHERN SUCCOTASH \$ 15

A true Southern staple, combines okra, tender lima beans, sweet corn, and sweet tomatoes, all simmered together with the Holy Trinity, aromatic garlic, and a touch of smoky seasoning.

TENDER CREOLE CHICKEN CACCIATORE \$ 15

Tender chicken is slow-simmered with fresh tomatoes, bell peppers, onions, and garlic in a rich, herb-infused sauce, accented with a splash of wine for depth. Served with rice

SOFT RISOTTO WITH MUSHROOMS & CHICKEN \$ 15

Creamy richness that combines tender flavors with delicate slices of chicken breast and earthy mushrooms sautéed with garlic, onions, then folded into the risotto. Finished with a touch of Parmesan cheese and fresh herbs.

CHICKEN PARMESAN EGGPLANT CASSEROLE \$ 15

Tender Eggplant Casserole features ground chicken, layers of perfectly pureed roasted eggplant, seasoned with garlic and herbs, nestled in a light tomato sauce. Topped with a golden crust of low-fat melted cheese and breadcrumbs.

GROUND CREOLE JAMBALAYA \$ 15

This variation of the classic jambalaya replaces traditional sausage or chicken with ground chicken and ground sausage, creating a flavorful dish that's easier to digest.

CAJUN CRAB CAKE \$ 15

Delicately seasoned and pan-seared to golden perfection, our Senior-Friendly Crab Cakes are crafted with tender, flaky crab meat and a blend of gentle herbs and spices, and minimum fillers.



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CHICKEN MEATLOAF \$ 15

Our Senior-Friendly Chicken Meatloaf is a light yet hearty take on a classic comfort dish. Made with lean ground chicken, finely chopped vegetables, and gentle seasonings, baked to perfection and topped with a subtle glaze for added moisture.

TURKEY SALISBURY STEAK \$ 15

Our Turkey Salisbury Steak is a lighter twist on the classic dish, featuring tender, seasoned ground turkey patties smothered in a rich and savory mushroom and onion gravy.

TENDER BEEF STEW \$ 15

Tender, slow-cooked beef is paired with soft, flavorful potatoes and carrots, all simmered together in a rich, savory broth infused with gentle herbs like thyme and parsley.

CAMELLIA RED BEANS & RICE \$ 15

Tender red beans are slow cooked with smoked turkey, turkey sausage, the Holy trinity, garlic, and a blend of mild spices.

CAMELLIA BLACK-EYE PEAS & RICE \$ 15

Tender black-eyed peas are slow cooked with smoked turkey, turkey sausage, the Holy Trinity, garlic, and a light blend of herbs and spices

CAMELLIA WHITE BEANS & RICE \$ 15

Tender white beans are simmered to perfection with smoked turkey, turkey sausage, the Holy Trinity, garlic, and a blend of mild herbs.

CAMELLA BUTTER BEANS & RICE \$ 15

Creamy butter beans are slow simmered with smoked turkey, turkey sausage, the Holy Trinity, garlic and a mild seasoning blend,

CAJUN BLACKENED SALMON \$ 15

Blackened Salmon is a flavorful yet gentle dish, perfectly seasoned with a blend of mild herbs to ensure a balanced taste without overwhelming the palate.

TURKEY MEATBALLS & SPAGHETTI \$ 15

Juicy and tender turkey meatballs, seasoned with a blend of garlic, herbs, and Parmesan cheese, are gently simmered in a light and flavorful marinara sauce.