

SOKHA'S CATERER



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MENU

— Chef Crafted Performance Meals —

Lemon Chicken Shawarma

Charred Green Beans & Basil Pesto Couscous

Soy-Ginger Seared Salmon

Sautéed Garlic Bok Choy & Jasmine Rice

Massaman Beef Curry

Sautéed Garlic Spinach & Garlic Roti

Seared Cajun Chicken

Charred Broccoli & Wild Mushroom Cream Rotini



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LEMON CHICKEN SHAWARMA

Charred Green Beans & Basil Pesto Couscous

Chef's Description

Lemon Chicken Shawarma is marinated in warm Middle Eastern spices, grilled until beautifully caramelized, and finished with bright lemon zest. It's paired with charred green beans for a smoky bite and basil pesto couscous that delivers fresh herbaceous flavor in every forkful. This chef-crafted meal is colorful, protein packed, and designed for those who want premium flavor with performance-focused nutrition.

Nutrition Facts (Per Meal)

Serving Size: 1 Meal
(approximately 12 oz / 340 g)

Nutrient	Amount
Calories	490 kcal
Protein	45g
Carbohydrates	27g
Dietary Fiber	5g
Total Fat	21g
Saturated Fat	3.8g
Sodium*	520mg
Potassium	1,000mg

Why This Meal Works

This meal is designed to support performance, recovery, and body composition goals.

- 45g of complete protein helps stimulate muscle protein synthesis and supports recovery after training.
- Moderate complex carbohydrates replenish glycogen stores without excessive calories.
- Healthy fats from pesto and olive oil improve satiety and aid absorption of fat-soluble vitamins.
- Fiber-rich green beans provide vitamins, minerals, antioxidants, and digestive support.
- The combination of lean protein, vegetables, and controlled carbohydrates creates sustained energy while supporting weight management.



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SOY-GINGER SEARED SALMON

Sautéed Garlic Bok Choy & Jasmine Rice

Chef's Description

Delicately soy-ginger seared Atlantic salmon is cooked until tender and flaky, then paired with garlic-sautéed baby bok choy and fragrant jasmine rice. Bright notes of ginger, garlic, and lime complement the richness of the salmon, creating a clean, balanced, and restaurant-quality meal designed for athletes and health-conscious professionals seeking premium nutrition without compromising flavor.

Nutrition Facts (Per Meal)

Serving Size: 1 Meal
(approximately 12 oz / 340 g)

Nutrient	Amount
Calories	515 kcal
Protein	35g
Carbohydrates	28g
Dietary Fiber	3g
Total Fat	28g
Saturated Fat	5g
Sodium*	560mg
Potassium	980mg

Why This Meal Works

This meal delivers a balanced combination of high-quality protein, heart-healthy fats, and complex carbohydrates to fuel active lifestyles.

- 35g of complete protein supports muscle repair, recovery, and lean muscle maintenance.
- Omega-3 fatty acids from salmon promote heart health, reduce inflammation, and support brain function.
- Jasmine rice provides easily digestible carbohydrates to replenish glycogen after training.
- Bok choy contributes fiber, vitamins A, C, and K, plus minerals like calcium and potassium for overall wellness.
- The moderate calorie profile and nutrient density make this meal ideal for muscle growth, performance, and weight management.



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MASSAMAN BEEF CURRY

Sautéed Garlic Spinach & Garlic Roti

Chef's Description

Tender Thai Massaman Beef Curry features slow-simmered lean sirloin in a fragrant sauce of coconut, ginger, garlic, tamarind, and warm Thai spices. Served with garlic-sautéed spinach and warm whole-wheat garlic roti, this chef-crafted entrée offers a perfect balance of creamy richness, aromatic spices, and wholesome nutrition.

Nutrition Facts (Per Meal)

Serving Size: 1 Meal
(approximately 12 oz / 340 g)

Nutrient	Amount
Calories	515 kcal
Protein	40g
Carbohydrates	28g
Dietary Fiber	4g
Total Fat	22g
Saturated Fat	6g
Sodium*	550mg
Potassium	1,040mg

Why This Meal Works

This meal provides a satisfying balance of protein, complex carbohydrates, and healthy fats to support performance and recovery.

- 40g of complete protein supports muscle repair, recovery, and lean muscle growth.
- Lean sirloin supplies iron, zinc, vitamin B12, and creatine to support strength and endurance.
- Whole-wheat garlic roti provides sustained-release carbohydrates and additional fiber for long-lasting energy.
- Spinach is rich in iron, folate, vitamins A, C, and K, along with antioxidants that promote recovery and immune health.
- The lightened Massaman curry sauce delivers rich Thai flavors using light coconut milk, making it indulgent while remaining meal-prep friendly.



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SEARED CAJUN CHICKEN

Charred Broccoli & Wild Mushroom Cream Rotini

Chef's Description

Tender Cajun-seared chicken breast is coated in a bold blend of smoky spices and pan-seared. It is then paired with al dente rotini tossed in a wild mushroom cream sauce featuring cremini and shiitake mushrooms, roasted garlic, shallots, and Parmesan. Served alongside charred broccoli, this chef-crafted meal is a Southern-inspired comfort with balanced nutrition, and restaurant-quality flavor.

Nutrition Facts (Per Meal)

Serving Size: 1 Meal
(approximately 12 oz / 340 g)

Nutrient	Amount
Calories	500 kcal
Protein	46g
Carbohydrates	29g
Dietary Fiber	4g
Total Fat	20g
Saturated Fat	5g
Sodium*	560mg
Potassium	950mg

Why This Meal Works

This chef-crafted meal delivers the ideal balance of lean protein, complex carbohydrates, and vegetables for performance and recovery.

- 46g of high-quality protein supports muscle growth, repair, and satiety.
- Rotini pasta provides moderate carbohydrates to replenish glycogen and sustain energy.
- Wild mushrooms contribute B vitamins, selenium, antioxidants, and natural umami while keeping the sauce light.
- Broccoli provides fiber, vitamin C, vitamin K, and antioxidants to support recovery and overall health.
- A light cream sauce made with reduced-fat dairy and stock offers indulgent flavor while keeping calories appropriate for fitness-focused meal prep.