



## Green, Lean & Clean Family Style Meals

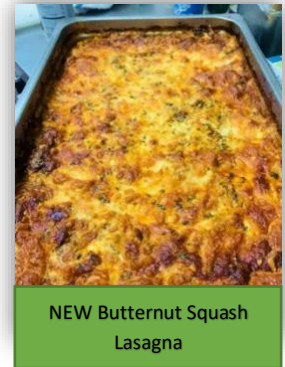


Not sure what to do for dinner? GLC has you covered with our new family style menu featuring healthy, fresh meals prepared just for you and your family to enjoy. If you like our meal prep box meals, then this will not disappoint!

### Entrees

*All entrees have approximately 8 – 10 servings. Simple oven reheat instructions included with each meal.*

- **Butternut Squash Vegetarian Lasagna** (gluten free & Whole 30)  
**\$39.99 + tax (13x9 pan)**  
Made with thinly sliced Butternut squash as noodles and packed with pureed veggies. Baked until golden brown with part skim milk ricotta and mozzarella cheese, and feta cheese. A vegetarian delight so good the kids will think it's a traditional lasagna from Grandma!
- **Chili Verde Pork Enchiladas** (gluten free)  
**\$44.99 + tax (13x9 pan)**  
Mouthwatering, pulled pork baked overnight, marinated in a light ancho chili salsa Verde with fresh cilantro and lime juice, stuffed in an all wheat tortilla shell. Perfect for the Mexican night craving.
- **Baked Ziti with Lean Turkey**  
**\$44.99 + tax (13x9 pan)**  
Tri-colored veggie pasta with our 97% lean ground turkey. Baked in crushed tomatoes with fresh basil and garlic, our homemade tomato sauce, and part skim mozzarella and ricotta cheese. Topped with a parmesan crust.



NEW Butternut Squash  
Lasagna

### Appetizer & Sides

- **Blackened Honey Mustard Chicken Bites**  
**\$28.99 + tax (1/3 pan). Approximately 6-8 servings.**  
Looking for an amazing, healthy appetizer? Try our NEW blackened honey mustard chicken bites. Bite size all white chicken breast, blackened (not fried), deglazed and rolled in homemade Dijon honey mustard. Better than the fast food fried chicken nuggets and of course healthier.
- **Black Beans & Rice**  
**\$8.99 + tax (1/3 pan). Approximately 6-8 servings.**  
Brown rice and black bean mix with cumin, Mexican seasoning blend, and fresh cilantro.
- **Spinach Salad**  
**\$10.99 + tax. Approximately 6-8 servings.**  
Fresh spinach, tomatoes, zucchini, carrots and tri colored peppers. Served with homemade honey mustard dressing.



GLC believes in helping and supporting our fellow small local business families, so we have partnered with Beach Season!

**The first 48 customers who order one of our family style meals gets 1 free bottle of Beach Season.**

Beach Season is great to add some extra flavor to your salads, marinate your favorite protein, including seafood. Beach Season is locally owned and operated by a good friend in Wilmington, NC. **Shop local and Support Small Businesses!**

### Ordering Process

Place your order at least 48 hours in advance following the schedule below. Order online at <https://www.cognitofirms.com/GreenLeanClean1/GLCFamilyStyle> or call 910-686-1633. Leave a message with your request, name and number if we do not answer and we will call back to confirm.

- **Delivery:** 11 am – 4 pm (+\$2.50, \$40 minimum)
- **Pick-up:** 11:30 am – 6 pm (Fridays till 1 pm)
- **Monday** (order by Saturday)
- **Wednesday** (order by Monday)
- **Friday** (order by Wednesday)