



**GREEN**  
**LEAN**  
**CLEAN**  
DIETARY MEAL DELIVERY

## Breakfast Options

Small (6 oz.): \$5.00    Large (8 oz.): \$9.00

- **Egg White Casserole with Turkey (GF)**  
*Ground turkey, spinach, spicy tomatoes, onion, egg whites, and cheese*
- **Veggie Mushroom Parm Egg White Casserole (GF)**  
*Spinach, spicy tomatoes, mushrooms, onion, egg whites, and parmesan cheese*
- **Sweet Potato Pancakes**  
*Sweet potatoes, coconut flour, egg, honey, allspice, protein powder, and side of sugar-free maple syrup*
- **Blueberry Pancakes (V)**  
*GLC pancake mix, protein powder, veggie oil, water, vanilla, dried blueberries, and a side of sugar-free maple syrup*
- **Peanut Butter Banana Oatmeal Pancakes with Dark Chocolate Chips (V)**  
*GLC oatmeal batter (pancake mix, oats, eggs, half & half, water, veggie oil, plant-based protein powder, vanilla, cinnamon), bananas, peanut butter powder, dark chocolate chips, and chia seeds*

v = vegetarian | vg = vegan | gf = gluten free