



## Green, Lean & Clean, LLC

Jaryd Acheson, Owner & CEO  
7316 Market Street Unit 3 &4  
Wilmington NC 28411

Our company is called Green Lean & Clean and what that stands for is in every box you get equal portions of a clean green vegetable, a lean protein, and a clean starch. So, in every box will contain these items unless otherwise specified. For an example, a 4 oz. box will contain 4 oz. of veggies, 4 oz. of protein and 4 oz. of starch. So, the box is 12 oz. of food. Same with 6 oz., 8 oz., and 10 oz., boxes!

We make fresh healthy meals cooked the day you select for pick up or delivery. We get to work at 3:30 am to start cooking, cool it properly, and then get it ready for pick up or delivery. We took a different approach because we feel like people trying to eat healthy should not be penalized for eating healthy. So, we do not want our clients to eat a frozen product, we feel it should be cooked fresh daily. We also feel like it should not be an outrageous price, so we try and compete with fast food pricing. Lastly, we did not believe in the one size fits all mentality. We know that all people are different and have different body types, different work out regimes, and trying to reach different goals.

At Green Lean & Clean we want our clients to eat healthy, never frozen meals, and give them as much variety as possible. When you place your order, you tell us items you do not like, and we build the boxes with everything you do like to give you the most variety possible.

We do give a range of macros per box size of our meals. We do this because we guarantee our clients so much variety. We use hundreds of different sauces, spices, rubs, products, and combinations it would take us all day to write each individual box and no meals would be made.

### **4 oz. Box Macros Ranges**

Calories=250-400  
Fat=4-8 grams  
Carbs=18-26 grams  
Protein=25-45 grams

### **6 oz. Box Macros Ranges**

Calories=450-600  
Fat=6-12 grams  
Carbs=27-39 grams  
Protein= 37.5-67.5 grams

### **8 oz. Box Macros Ranges**

Calories=700-900  
Fat=8-16 grams  
Carbs=36-52 grams  
Protein 50-90 grams

### **10 oz. Box Macros Ranges**

Calories=900-1150  
Fat=20-40 grams  
Carbs=45-65 grams  
Protein= 62.5-112.5 grams



@burnglc

P:910 686 1633



/greenleanlean

E: [glcprep@gmail.com](mailto:glcprep@gmail.com)



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Web: [burnglc.com](http://burnglc.com)