



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

# Breakfast

Small (6 oz.): \$6.00 Large (8 oz.): \$10.00

## **Egg White Casserole with Turkey (GF)**

*Ground turkey, spinach, spicy tomatoes, onion, egg whites, a cheese*

## **Vegetarian Egg White Casserole (GF)**

*Egg whites, spinach, red onion, tri-colored peppers and jack 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*

*updated: Nov. 2021*