



Macros & Healthy Extra Prices

Green, Lean & Clean is a healthy meal prep company, offering fresh, never frozen, meals, breakfast, soups, salads, hot bowls, and protein muffins and bars. Delivery to eastern & central North Carolina.

Menu		Calories(g)	Fat(g)	Carbs(g)	Protein(g)	Sugar(g)
GLC Meal* <i>macro range</i> <i>*See meal prep flyer for prices</i>	4 oz.	250-400	4-8	18-26	25-45	
	6 oz.	450-600	6-12	27-39	37-67	
	8 oz.	700-900	36-52	36-52	50-90	
	10 oz.	900-1150	20-40	45-65	62-112	
Protein Pancakes <i>per pancake (6 oz. = \$6 8 oz. = \$10)</i>						
Peanut Butter Oatmeal & Dark Chocolate Chip		163	3	31	7	6
Blueberry Cinnamon Swirl		127	3	24	8	3
Sweet Potato		165	3	33	9	6
Egg White Casseroles (6 oz. = \$6 8 oz. = \$10)						
Turkey, diced tomatoes, green chilies, & mixed cheese	6 oz. 8 oz.	185 277	6 9	5 7.5	28 42	1 1.5
Spinach, Mushroom, & Gorgonzola Cheese	6 oz. 8 oz.	217 325	5 7.5	33 49.5	33 49	4 6
Protein Snacks						
No-Bake Cocoa Peanut Butter Honey Energy Bite (6= \$12 12= \$20)		96	4	10	8	7
Snickerdoodle Bar (1 = \$3 6 = \$12 12 = \$19)		113	2	23	11	11
Apple Cinnamon Muffin (1 = \$4 6 = \$16 12 = \$25)		149	5	28	17	8
Lemon Poppy Seed Muffin (1 = \$4 6 = \$16 12 = \$25)		216	6	32	19	10
Soups (8 oz. = \$6 16 oz. = \$10)						
Veggie Kickin' Corn Chowder	8 oz. 16 oz.	220 440	4 8	25 50	14 28	6 12
Summer Squash Curry	8 oz. 16 oz.	210 420	5 10	16 32	8 16	5 10
Salads <i>dressing & add-on protein not included (\$11- \$15)</i>						
Green Machine Detox Salad w/ Vegan Chipotle Ranch		148	4	18	7	4
Pear, Walnut, and Gorgonzola Salad w/ Maple Dijon Mustard		159	5	19	8	10
Greek Salad w/ Vegan Lemon Vinaigrette		160	6	12	7	9
Hot Bowls (\$11 - \$13)						
Pork Bahn Mi Bowl	4 oz. 6 oz.	256 384	5 7.5	22 33	33 49.5	4 6
Chicken Fajita Bowl	4 oz. 6 oz.	330 495	6 9	19 28.5	31 46.5	4 6