



Green, Lean & Clean, LLC is a healthy, local meal prep delivery service located in Wilmington serving eastern and central North Carolina. Each meal includes a green vegetable, lean protein, and clean starch in portions to meet your fitness and health goals. Each GLC meal includes equal ounce portions of a vegetable, protein, and starch (i.e., 4-ounce meal includes 4 ounces of each item). Customized meals are welcome with a \$2 per box up charge. Place your order online at www.burnglc.com or Come by in person. Place your order by midnight prior to your pick up/delivery day. Pick up/Delivery days are first come, first serve. Please contact us with any questions.

Portion Size	Single Meals	Cost	Meals per Week	Cost	Meals per Week	Cost	Meals per Week	Cost	Meals per Week	Cost
4 oz.	1	\$14.40	5	\$64.80	10	\$122.40	15	\$180.00	20	\$230.40
6 oz.	1	\$17.28	5	\$79.20	10	\$144.00	15	\$208.80	20	\$266.40
8 oz.	1	\$18.72	5	\$90.72	10	\$165.60	15	\$237.60	20	\$309.60
10 oz.	1	\$20.16	5	\$96.48	10	\$180.00	15	\$259.20	20	\$338.40

Meal Plans* & Single Meals*

Sales Tax Not Included in Price *

Green Vegetable ⁺	Lean Protein ⁺	Clean Starch ⁺
Green Beans	Chicken	Brown Rice
Asparagus	Steak	Quinoa
Broccoli	Ground Turkey	Jasmine Rice
Zucchini	Ground Beef	Orzo
Spinach	Pork	Sweet & White Sweet Potatoes
Cabbage	Salmon	Red Potatoes
Mushrooms	Shrimp	Whole Wheat Garden Pasta
Tri Colored Peppers	Pollock	Black Beans
Brussel Sprouts	Vegetarian Options	Garbanzo Beans
Kale		Lentils
Carrots		Cauliflower Rice
Squash		

*New Hanover County Delivery Charge: \$5 *Other Counties: \$10

*Delivery fee waived for 5 or more individual orders delivered to same location.

*This is not an exhaustive list & options vary by season & local availability. No starch, double vegetable meals: \$1 up charge per 4oz. & 6 oz. | \$2 up charge per 8oz. & 10 oz.

910-686-1633

glcprep@gmail.com

www.burnglc.com


7316 Market Street Unit 3


Wilmington, NC 28411

Monday-Thursday,

11:30am-6pm

 @greenleanclean

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