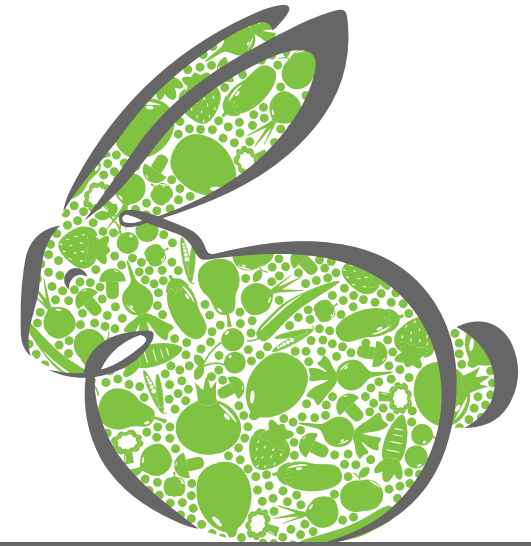

Meal Prep Information

- The Green Bunny offers meal prep for up to 5 days. Meals that have been cooked are good up to 7 days in the fridge, therefore we provide up to 5, incase you decide to have a cheat meal ;-)
- Orders must be placed the day before you want to pickup (by 3:00pm).
- The meals are tailored to your fitness needs. This means that if you have a specific calorie, protein and carb amount, your meals will be portioned to reflect these needs.
- TGB offers breakfast, lunch and dinner, however if you want to eat breakfast for dinner! No problem!
- Meals are packaged in a microwavable container. All ingredients are all fresh, never frozen. We do not even have a freezer! Some meals will freeze better than others, and TGB is happy to point out these items if freezing is something you're interested in.



Ashleigh Easterling is 2014 graduate of Johnson & Wales University in Charlotte, NC. She received her Bachelor of Science in Food and Beverage Restaurant Management with a Concentration in nutrition. Ashleigh completed an 11 week, full rotation internship with a premier steakhouse, Sullivan's Steakhouse. At Sullivan's she learned back of the house and front of the house business operations. Ashleigh owns her own business called, The Green Bunny. The Green Bunny is a meal prep service that caters to those with fitness and weight loss goals. All meals are prepared to meet the nutrition needs for the client and they simply pop the meals in the microwave and enjoy! Currently, Ashleigh is striving to grow her business by educating the public about the importance of not just eating healthy but supporting local businesses (farms) in the process. The Green Bunny also supports the community by donating proceeds to local charities. Chef Easterling also hosts a live cooking demo on WBTV, a local news station in Charlotte once a month.



The Green Bunny

PICKUP HOURS

MONDAY-SATURDAY
1:00PM-4:00PM

TO - GO WINDOW HOURS

SATURDAY
9:00AM-1:00PM

CONTACT US

510 E. 15TH STREET, STE A
CHARLOTTE, NC 28206

info.thegreenbunny@gmail.com

Breakfast Options

- Strawberry French Toast -\$7.99
- Veggie Egg White Puffs - \$6.99
- Breakfast Burrito - \$7.99
- Mexican Frittata - \$7.99
- Turkey, Apple, Sweet Potato Breakfast Stir Fry - \$8.99
- Blueberry OR Strawberry Parfait - **NEW!** - \$6.99
- Steak & Eggs - **NEW!** - \$9.99

Lunch Options

- Chili - Stuffed Sweet Potato (lean beef or turkey) - \$8.99
- Salmon Stuffed Red Potato \$9.99
- Lean Beef OR Ground Turkey Meatloaf Muffins, Brown Rice & vegetable of your choice \$8.99
- Raspberry Shrimp Salad -**NEW!** \$9.99
- Black & Blue Steak Salad **NEW!** \$9.99
- Steakhouse Wrap - **NEW!** \$9.99
- Cobb Salad - **NEW!** \$8.99
- Fish Tacos - **NEW!** \$8.99
- Brown Rice & Lettuce Wrap or Ezekiel Tortilla Wrap

Dinner Options

- Lean Beef OR Ground Turkey Spinach Meatball, Zucchini Noodles \$8.99
- Spinach and Tomato Stuffed Chicken, vegetable of your choice and Brown Rice \$9.99
- Shrimp Scampi - **NEW!** \$10.99
 - Zucchini Noodles or Whole Wheat
- (2) Crab Cakes & vegetable of your choice - **NEW!** -\$11.99
- Mustard Baked Salmon with Brown Rice & vegetable of your choice \$11.99
- Grilled Chicken Breast, Baked Sweet Potato, & vegetable of your choice \$8.99
- Grilled Sirloin, chive baked potato, & vegetable of your choice \$9.99
- Fajitas -, Chicken - 8.99, Steak 9.99, Shrimp 10.99 (combo 9.99).
 - Brown Rice & Lettuce Wrap or Ezekiel Tortilla Wrap