

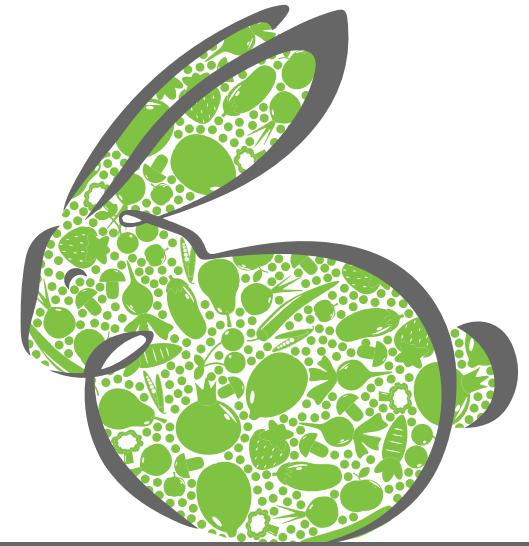
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## Family Meals

- Orders must be placed 24 hour in advance to ensure inventory is in stock.
- All orders are fully cooked and ready for you to reheat! If this is for a corporate lunch, items can be picked up warm or recommend ordering salads.
- Items come in an alum foil pan with an attached lid for easy refrigeration storage and oven heating.
- Can be ordered for corporate or working lunches!



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*

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### CONTACT US

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## Protein Options - 2# Pans

- Chicken - \$12.99
- Salmon - \$16.99
- Steaks - MKT Price
- White Fish - \$12.99

\*Want to mix and match? Sure!

## Salads:

- Salads (consult Chef about options via [info.thegreenbunny.com](http://info.thegreenbunny.com))

## Vegetable Options - \$9.99

- Broccoli
- Green Beans
- Zucchini
- Squash
- Fajita Peppers Blend
- Brussels Sprouts (1\$ up-charge)
- Asparagus (1\$ up-charge)

\*Want something different? Just ask!

MIX AND MATCH

## Carb Options - \$7.99

- Brown Rice
  - *Plain, Southwestern or Garlic and Herb*
- Quinoa
  - *Plain, Southwestern or Garlic and Herb*
- Sweet Potato
- Mashed Chive Potato