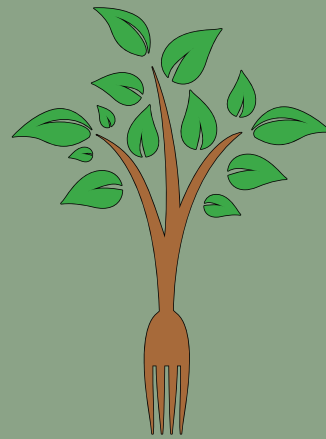




# greenlife



10 meal minimum per week

Order by Friday for a Sunday Delivery  
10\$ Delivery Charge

Meal Plans starting at just 120\$ a week!

For Inquiries or to start your  
first order email  
[mealprep@greenlifeny.com](mailto:mealprep@greenlifeny.com)

# MEAL PREP

Enjoy the best meal prep service Westchester has to offer!

We provide portion controlled meals individually crafted by our in-house chef & nutritionist. Each meal is specifically catered for you & your needs. We prepare every meal with care using fresh, local ingredients & deliver directly to you.

Let us do the work for you! We make committing to a healthy lifestyle easy!

After all, don't we all want to **EAT WELL. LIVE WELL.**

1. Build your menu: Sit down with Green Life's nutritionist or create your own customized menu. Simply mix & match a Protein, Veggie, & Starch!
2. We get to work: Our chefs prepare your personalized menu using all fresh ingredients.
3. Delivery or Pick Up: You can choose to have your delicious meals delivered right to your front door or come visit us & pick up onsite!
4. EAT WELL. LIVE WELL.

CHOOSE YOUR PROTEIN

served in 4, 6, or 8 ounce portions

- GRILLED CHICKEN
- HERB CHICKEN
- LEAN STEAK
- ORGANIC BISON
- GROUND TURKEY
- ROASTED TURKEY
- TILAPIA
- SALMON
- SHRIMP
- TOFU

CHOOSE YOUR VEGETABLE

served in 1/4, 1/2, or 1 cup portions

- STEAMED SPINACH
- GREEN BEANS
- BROCCOLI
- MIXED VEGGIES
- ZUCCHINI
- EGGPLANT
- CABBAGE
- KALE
- MESCLUN

CHOOSE YOUR CARBOHYDRATE

served in 1/4, 1/2, or 1 cup portions

- BROWN RICE
- WHITE RICE
- QUINOA
- DICED SWEET POTATO
- RED POTATO
- SWEET POTATO FRIES
- BAKED REGULAR FRIES
- WHOLE WHEAT PASTA
- BEANS

Can't Make Up Your Mind?

Choose a plan perfect for you!

 SLIM&TRIM

The perfect plan for meal preppers who aspire to shed a few pounds and maintain a healthy weight!

 BULK UP

Ideal for meal preppers who hope to gain muscle mass by eating a high protein diet!

 EAT WELL LIVE WELL

Too busy to shop, chop, and grill, but still want to maintain a healthy and clean diet? This plan was made for you!

Each plan includes 3 meals plus 1 snack a day!

Menus change monthly  
Check them out at  
[www.greenlifeny.com/mealprep.com](http://www.greenlifeny.com/mealprep.com)