



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

2013 FALL CLEANSE WEEK FOUR SHOPPING LIST

VEGETABLES

- 2 small acorn squash
- 2 pounds butternut squash
- 7 asparagus spears
- 2 medium carrots
- 1 large celery stalk
- 1/2 bunch kale (8 oz.) (6 cups)
- 1 large onion
- 2 large radishes
- 1 pound (about 4 medium) trimmed golden or red beets
- 1 medium red onion
- 8 ounces shiitake mushrooms
- 8 ounces Portobello mushrooms
- 1 yellow bell pepper
- 1 medium zucchini

- 4 inch piece of fresh ginger root
- 2 scallions
- 1 large shallot
- 1/3 cup chopped fresh parsley
- 1 tsp chopped fresh thyme
- 1 bunch cilantro (or flat leaf parsley)
- 1/4 cup coarsely chopped fresh mint
- 1 T fresh tarragon

FRUIT

- 1 lime
- 1 lemon
- 2 cups berries
- 4 apples
- 2 small pears

**these are foods you may have on hand from last week*



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CONDIMENTS, DRESSINGS & OILS

- *3 T coconut oil
- *8 T olive oil
- *1 T honey
- *3 T rice vinegar
- *1 jar minced garlic
- *4 T hummus

FISH & MEATS

- 1 wild salmon fillet, (5 ounces; 1 inch thick)
- 9 oz chicken breast

DELI

- 2/3 cup prepared quinoa salad
- 1.5 cups prepared vegetable dish

CANNED FOODS, LENTILS & BEANS

- 8 cups broth, canned (low sodium chicken or vegetable broth)
- 1 cup red lentils, dried
- ½ cup green or red lentils, dried
- 3 cups canned (1 lb) white beans
- 2/3 cup unsweetened coconut milk (from can, not light version)

GRAINS

- *1 cup quinoa
- * 1/3 GF oats
- * 2 cups GF granola
- *1 package sesame rice crackers

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SPICES AND NUTS

- *1 bay leaf
- *1 T curry powder
- *1 tsp red-pepper flakes
- 1 1/2 tsp whole coriander seeds, toasted and ground, or 1 teaspoon ground
- 1/4 cup slivered almonds
- 1/3 cup roasted, salted pistachios, chopped
- 1/3 cup chopped dried cherries or dried unsweetened cranberries
- *7 raw cashews
- *18 raw almonds
- *5 raw walnuts
- *2 tsp almond butter
- *1/4 cup mixed dried fruit

DAIRY & DAIRY ALTERNATIVES

- 3 T feta, crumbled (optional, or sprinkle with nutritional yeast)
- 3 cups coconut yogurt, plain
- *1.5 cups almond milk, unsweetened

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GREEN SMOOTHIES

- Rice, Pea or *Whey Protein Powder (if you opted in with ANY of the supplement packs, a protein powder is included in these packs, you do NOT need to purchase additional protein powder) *whey is dairy

GREEN SMOOTHIES (CONTINUED)

- 4 cups of frozen berries
- 3 avocado (purchase just ripe and keep in your cheese drawer in the refrigerator)
- *Chia OR flax seed (if you choose flax seed, purchase seeds and freshly grind before using)
- 1 bag frozen organic loose leaf spinach

OPTIONAL

- _____
- _____
- _____
- _____

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