

Clean & Lean Revolution

2013 FALL CLEANSE WEEK ONE SHOPPING LIST

VEGETABLES

- 1.5 cups baby spinach
- 4 medium carrots
- 2 medium celery stalks
- 1 cucumber
- 3 scallions
- 1 bunch of kale
- 1/2 jalapeno pepper
- 2 medium onions
- 1 red bell pepper
- 1 cup yellow or red cherry tomatoes
- 3 small red potatoes
- 3/4 lb. russet potatoes
- 2 1/4 lbs sweet potatoes

VEGETABLES (Continued)

- 1 bunch fresh cilantro (or replace with bunch of fresh parsley)
- 1 T fresh marjoram (or 2 T dried)

FRUIT

- 1 small avocado
- 1 lime
- 3 small pears
- 2 cups fresh berries (your choice, raspberries, blueberries or strawberries)
- 4 medium apples (Fuji, Gala or Honey Crips)

Clean & Lean Revolution

2013 FALL CLEANSE WEEK ONE SHOPPING LIST

FROZEN

- 1 small bag frozen cut green beans
- 1 small bag of frozen corn
- Brown rice, cooked, frozen

CONDIMENTS, DRESSINGS & OILS

- Virgin Coconut Oil
- 1.5 T honey
- 1 jar of pesto
- Extra Virgin Olive Oil
- 1.5 T rice vinegar
- Jar of Minced Garlic
- Toasted Sesame Oil

MEATS, POULTRY AND FISH

- 12 oz chicken breast
- 1 wild salmon fillet (5 ounces)
- 1 small package, no nitrate turkey bacon (optional)

NATURAL FOODS STORE DELI

- 4 gluten free Baked Tofu from deli (or replace with 4 oz precooked chicken breast from deli)
- 1 cup prepared quinoa salad (from deli)
- 1.5 cups prepared vegetable salad (from deli)
- 1 container of hummus

PAPER & PLASTIC

- Parchment Paper

Clean & Lean Revolution

2013 FALL CLEANSE WEEK ONE SHOPPING LIST

BAKING & COOKING

- 1 T crushed red-pepper flakes
- 1 T curry powder
- 1 bay leaf
- 4 T fajita spice mix (no MSG)
- ¼ cup nutritional yeast
- 1 container of toasted sesame seeds
- Almond butter (jarred is fine, look for grinder at local natural foods store, for fresh ground)
- 5 walnuts
- 7 cashews
- 1/4 cup mixed dried fruit, no sugar added
- Sea Salt
- Black pepper

CANNED FOODS & SOUPS

- 3/4 cup canned black beans
- 1/4 cup canned chickpeas
- 8 cups chicken **OR** vegetable broth
- 1 (14 1/2-ounce) can diced tomatoes

GRAINS & PASTA

- 2 cups dried brown lentils
- 1/3 cup gluten free oats
- 2 cups gluten free granola
- 2 containers of sesame rice crackers

DAIRY & NONDAIRY ALTERNATIVES

- 32 oz coconut yogurt, plain (made from coconut, So Delicious brand) **OR** 32 oz organic full fat plain cow yogurt
- One box unsweetened almond milk



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

2013 FALL CLEANSE WEEK ONE SHOPPING LIST

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
- 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

- _____
- _____
- _____
- _____