

Clean & Lean Revolution



2013 FALL CLEANSE WEEK THREE SHOPPING LIST

VEGETABLES

- 7 medium asparagus spears
- 2 cups broccoli florets
- 1 pound butternut squash (yield after peeled and seeded)
- 2 large carrots
- 2 medium head cauliflower
- 1 bunch cilantro (or flat leaf parsley)
- 2" fresh ginger root
- 2 medium onions
- 3 red bell peppers
- 1 sliced red onion, divided
- 1 thinly sliced small red chili

FISH

- Wild Salmon, (4-oz. fillet), skin removed

FRUIT

- 1 Lime
- 1 Lemon
- 4 Apples
- 3 Small Pears
- 2 cups berries (your choice, blueberry, raspberries or strawberries)

CONDIMENTS, DRESSINGS & OILS

- 3 T aged balsamic vinegar (should be sweet and thick)
- *4 T Coconut Oil
- *6 T Extra Virgin Olive Oil
- *1.5 T pesto, jarred
- *1 Jar Minced Garlic (5 T)
- *Hummus (2 tablespoons)

**these are foods you should still have on hand from Week One*

Clean & Lean Revolution

2013 FALL CLEANSE WEEK THREE SHOPPING LIST

NATURAL FOODS STORE DELI

- 1 cup prepared quinoa salad (from deli)
- 1.5 cups prepared vegetable salad (from deli)

CANNED FOODS & SOUPS

- 1 can (16 ounces) black beans
- 1 can (14 ounces) chickpeas
- ½ cup white beans, canned
- 2/3 cup coconut milk, canned, unsweetened (NOT 'light' version)
- 4.5 cups low-sodium chicken broth, or vegetable broth
- 1 can (19 oz) stewed tomatoes in juice

GRAINS & PASTA

- *1/2 cup quinoa, dry rinsed
- *2 cups GF granola
- *1/3 cup GF oats
- *Sesame rice crackers (60 calories)

DAIRY

- *1 large pastured egg
- *1 oz aged cheese (or: sprinkle of nutritional yeast)
- 3 cups coconut yogurt
- *1 1/3 cup almond milk, unsweetened

PAPER & PLASTIC

- *Parchment Paper

**these are foods you should still have on hand from Week One*



Clean & Lean Revolution

2013 FALL CLEANSE WEEK THREE SHOPPING LIST

BAKING & COOKING

- 1 tsp chipotle chili powder
- 1/4 tsp cumin powder
- *1/4 tsp red chili flakes
- 1 oz shelled pumpkin seeds ("pepita")
- *14 cashews
- *9 almonds
- *5 walnut
- *4 tsp almond butter
- *1/4 cup mixed dried fruit, coarsely chopped

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

-

-

-

-

**these are foods you should still have on hand from Week One*