



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

# Clean & Lean Revolution

## 2013 FALL CLEANSE WEEK TWO SHOPPING LIST

### VEGETABLES

- 3 bunches of asparagus OR 3 lb frozen tips and stems
- 1 head broccoli (1 pound) OR 1lb bag frozen broccoli florets, must be loose and not frozen block)
- 2 medium carrots
- \*2 medium celery stalks
- 1 leek
- 2 yellow onions
- 1/8 red cabbage
- 2 red bell peppers
- 4 red potatoes
- \*4 scallions (green onions)
- 3 shallots
- 1 tsp ginger, freshly grated

### VEGETABLES (Continued)

- 8 oz shiitake mushrooms (3 cups) OR brown button mushrooms
- Small package of chives
- 1 T chopped fresh tarragon
- ¼ cup flat leaf parsley, minced

### FRUIT

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

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



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### CONDIMENTS, DRESSINGS & OILS

- \*Virgin coconut oil
- \*2 T rice vinegar
- \*1 container of hummus
- \*1 jar of minced garlic
- \*Extra virgin olive oil

### MEATS, POULTRY AND FISH

- 1 wild salmon fillet, (4 ounces, 1" thick)
- 12 farm fresh eggs, beaten (pastured eggs preferred)

### CANNED FOODS & SOUPS

- One 15-ounce can cannellini beans, drained (OR white beans)
- 2.5 cups vegetable broth

### NATURAL FOODS STORE DELI

- 3 oz precooked chicken from deli

### GRAINS & PASTA

- 2/3 cup gluten free oats
- \*1 container of sesame rice crackers

### DAIRY & NONDAIRY ALTERNATIVES

- 1 box unsweetened almond milk
- 1/8 cup Ricotta (optional)
- 1 T shaved Parmesan (optional)
- 24 oz coconut yogurt, plain (made from coconut, So Delicious brand) OR 24 oz organic full fat plain cow yogurt

### PAPER & PLASTIC

- \*Parchment paper

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### FROZEN

- 2 cup frozen peas
- \*2/3 cup brown rice, from frozen

### BAKING & COOKING

- 1 T pine nuts
- \*10 walnuts
- \*7 cashews
- \*Almond butter (jarred is fine, look for grinder at local natural foods store, for fresh ground)
- \*1/2 cup nutritional yeast (optional, if you choose to omit cheese)
- \*1 container of toasted sesame seeds
- \*1/2 cup mixed dried fruit, no sugar added

### 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

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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