



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

ONE WEEK MENU PLAN- SEAFOOD

VEGETABLES

- 7 asparagus spears
- 1.5 cups baby spinach
- 2 medium carrots
- 2 celery rib
- 1 cup chopped broccoli
- 2 cup chopped English cucumber
- 9 tsp fresh basil
- 2 large radishes
- 1/8 red cabbage (1/2 cup)
- 2 red peppers
- 1 1/2 cup chopped red bell pepper
- 1 bunch kale leaves
- 1 small + 1 large onion
- 1/4 small red onion
- 2 scallions

FRUIT

- 4 medium apples
- 2 cups berries
- 2 lemons
- 6 oranges
- 2 cups organic raspberries
- 24 ounce yellow tomatoes
- 3 pounds red tomatoes

CONDIMENTS, DRESSING, OILS

- extra virgin coconut oil
- extra virgin olive oil
- jarred pesto
- jar of minced garlic
- 2 T toasted sesame seeds
- 2 T rice vinegar
- 3 cups low-sodium vegetable juice

MEATS, POULTRY, AND FISH

- 1 12-ounce package fully cooked chicken sausage links
- 2 pound peeled and deveined large shrimp
- 2 6-ounce pieces skinless cod
- 4 wild salmon fillets (5 ounces, 1" thick)

NATURAL FOODS STORE DELI

- 1 cup prepared quinoa salad
- 1.5 cup prepared vegetable salad from local natural foods' store deli

BAKING & COOKING

- 2 garlic cloves
- 2 tsp vanilla
- black pepper
- 4 tsp cinnamon
- 1/8 tsp crushed red pepper flakes



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BAKING & COOKING CONTINUED

- 1 inch piece ginger
- 1/4 tsp paprika
- 90 raw pistachios
- 2 T chia seeds
- sea salt
- 1 T tarragon
- 1/2 T + 1/8 cup roasted almonds, coarsely chopped
- 2/3 cup raisins
- Almond butter (jarred is fine, look for grinder at local natural foods store, for fresh ground)
- parchment paper

CANNED FOODS & SOUPS

- 1 19-ounce can cannellini beans
- 1/4 cup canned chickpeas
- 1 14.5 ounce can low-sodium chicken broth
- 1 14.5-ounce can diced tomatoes

GRAINS & PASTA

- 1 cup Gluten Free (GF) granola
- 2/3 cup brown rice, frozen
- 2 containers of sesame rice crackers
- 1 1/3 cup Gluten Free (GF) dry oats
- 1/2 dry quinoa

DAIRY & NONDAIRY ALTERNATIVES

- 23 oz coconut yogurt, plain (made from coconut, So Delicious brand)
- 5 oz cheese
- 1/2 cup fat-free Greek-style plain yogurt
- 1 box unsweetened almond milk