

Clean & Lean Revolution



APRIL WEEK FOUR SHOPPING LIST

FRUIT

- 7 apples
- 4 cups organic raspberries, fresh or frozen
- 2 pear
- 3 banana
- 2 Lemons and 1 Lime
- 10 pitted dates
- 2 avocado

VEGETABLES

- 1 acorn squash and 1 butternut squash
- 2 large tomatoes
- 4 cups spinach
- 5 medium carrots
- 8 cups chopped kale
- 7.5 cups spinach leaves
- 3 large fresh thyme sprigs
- 2 large onion
- 3 scallions

VEGETABLES (Continued)

- 4" piece fresh ginger root
- 2 red bell peppers and 1 yellow bell pepper
- 1/4 green cabbage head

BREAD & BAKED GOODS

- Package of corn tortillas
- 4 Tbsp toasted sunflower seeds

CANNED FOODS & SOUPS

- 1 cup black beans, canned
- 1, 15 oz can and 1, 10 oz can of Great Northern white beans
- 6 cups or more of vegetable broth

DELI

- 1 medium container hummus
- 1/2 cup Salsa
- 8 oz baked, flavored tofu (purchase at natural foods store deli, precooked)

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GRAINS & PASTA

- 1/3 cup cooked quinoa
- 1 cup cooked short-grain brown rice

DAIRY

- 2 cup coconut yogurt
- 4 cups unsweetened almond milk

FROZEN

- 1 ¼ cup fresh or frozen berries

BREAKFAST

- 1 cup dry oats
- 3/4 cup GF granola