



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

APRIL WEEK ONE SHOPPING LIST

FRUIT

- 5 medium apples
- 4 ripe bananas
- 6 medium pears
- 1.5 cups raspberries or blueberries (or a combination)
- 2 cups dates, pitted
- 1 lime
- 3 avocados

VEGETABLES

- 1 head broccoli (enough for 3 cups)
- 3/4 pound button mushrooms
- 2 cups carrots, shredded
- 1 medium cucumbers
- 1.5 cups fresh organic asparagus
- 1/2 cup chopped kale leaves
- 9 cups fresh spinach

VEGETABLES (CONTINUED)

- 4 red bell pepper and 2 green pepper
- 3 red onions and 2 white onions
- 9 zucchini, cut into 1-inch rounds
- 1.5 cups mixed salad greens

HERBS & SPICES

- 3 heads of garlic
- 1 teaspoon minced chives
- 1/4 cup chopped fresh cilantro
- 2 T chopped fresh mint leaves
- 1 T chopped fresh parsley

CONDIMENTS, DRESSINGS AND OILS

- 1 tsp apple cider vinegar
- 1/4 cup black olives, chopped
- 1 bottle salad dressing, non-creamy



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MEAT & FISH

- 3 oz chicken breast (or replace with 1/2 cup beans)
- 1 (4 ounce) wild salmon fillets

CANNED FOODS, SOUPS & MIXES

- 1/2 can (14 ounce) artichoke hearts, drained and quartered
- 5, 16 oz canned black beans, rinse
- 2 cups white bean, canned

GRAINS & PASTA

- 1 cup dry quinoa pasta
- 1 package corn tortillas
- 4 packages Sesame Rice Crackers (Trader Joes Savory Rice Thins; QFC Sesmark Savory Rice Thins original flavor – look in deli or PCC/ Whole Foods has Sesmark brand)

CEREAL/ DRY BULK SECTION

- 2 cups dry oats
- 2 cups GF granola

DAIRY SECTION

- 2 cups coconut yogurt
- 1 cup egg whites
- 3 dozen large eggs
- 2 Boxes Unsweetened Almond Milk
- 2.5 cups aged white cheddar cheese

DELI AREA

- 2 medium or 1 large container of hummus
- 4 cups medium salsa
- 2/3 cup Prepared Quinoa Salad (from natural foods store deli, ex. Whole Foods deli)
- 1 cup Prepared Vegetable Dish (from natural foods store deli, ex. Whole Foods deli)



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NUTS AND SEEDS

- 2 cups almond meal (ground almonds - can use blender or food processor to make from whole almonds)
- 1 small bag chia seeds (~2/3 cup used over course of program)
- 2 cups organic raisins
- 1 pound raw almonds
- 1 pounds raw cashews
- ¾ cup walnuts

PAPER & PLASTIC

- 24 standard muffin paper liners
- 1 roll of parchment paper
- Freezer Ziploc Bags, quart size