



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

WEEK THREE PANTRY CHECK LIST

The following items ARE included in the recipes this week, but they are NOT included in the shopping list. Some of these items are stock items from the Clean Sweep of Your Kitchen and Pantry Stock Up list and some of these items are common pantry ingredients. Please check to see if you have each of these items in your pantry prior to your shopping trip. If you do not have a spice, consider visiting your local natural foods store to purchase only what you need from the bulk spice section (budget friendly tip).

NUTS, SEEDS & DRIED FRUIT

3 T Almond butter

2 T Chia Seeds

6 dates

1.5 cups cashews

BAKING

2 tsp Vanilla

2 tsp Baking powder

¼ cup coconut oil

2 tsp honey

¼ cup tahini

¼ cup nutritional yeast

SPICES

1 Bay leaf

Pinch nutmeg

2 ¼ T Cinnamon

3 ½ tsp cumin

1 T curry powder

1 tsp turmeric

2 tsp chili powder

½ tsp coriander

1 tsp paprika

1/2 tsp cayenne pepper

½ tsp garlic powder

Red pepper flakes

SALAD DRESSING, VINEGAR AND OILS

4 ½ T salad dressing

3 tsp White wine vinegar

1 tsp apple cider vinegar

1 cup olive oil