



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

APRIL WEEK THREE SHOPPING LIST

FRUIT

- 5 medium apples
- 5 medium pears
- 1 avocado
- 4 bananas
- 3 cups raspberries
- 1 medium orange
- 1 Tart Apple - granny smith
- 8 lemons

HERBS

- 1/4 cup fresh cilantro
- 1 teaspoon minced chives
- 2 T sliced fresh mint leaves
- 3" pc of ginger root

VEGETABLES

- 6 cups baby arugula
- 11 cups Spinach
- 3 medium beets
- 12 medium carrots
- 3 celery stalks
- 1.5 cups kale, raw
- 1 small cucumber
- 2 heads garlic
- 2 peeled and diced sweet potatoes
- 2 yellow onions and 1 red onion
- 2 red bell peppers and 1 yellow peppers

FISH

- 5 oz wild caught fish (or replace with one 15 oz can white beans)



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CANNED FOODS

- 2.5 cups garbanzo beans, canned
- 14-oz can diced tomatoes
- 15 oz can red kidney beans
- 13 cups vegetable broth

GRAINS & PASTA

- 4.5 cups Cooked Quinoa (2.5 cups dry)
- 2 cups GF oats
- 2.5 cups red lentils

DELI

- 1 medium container hummus
- 2.5 cups baked tofu (purchase precooked in natural foods store deli 4oz = ½ cup)

FROZEN

- 1 cup frozen berries

DAIRY

- 2 cups coconut yogurt
- 4 large eggs (or 3 egg equivalent Ener-G egg replacement plus one 15 oz can white beans to use in place of egg in one quinoa breakfast)

- 1/2 cup shredded aged white cheddar cheese (or replace with nutritional yeast)

- 3 cups unsweetened non-dairy beverage, almond

BAKING AND BULK FOODS SECTION

- 1/4 Cup Shredded Coconut

- 2.5 cups Sunflower seeds

- 1/2 cup golden raisins + 2 cups raisins (can also be golden or regular Thompson)

- 1/4 cup toasted pine nuts (or slivered almonds)

- 2 cups almond Flour (or 2 cups almonds to make almond meal) + 1 cup almonds