



Clean & Lean Revolution

APRIL WEEK TWO SHOPPING LIST

FRUIT

- 6 medium apples
- 2 bananas
- 1 lime
- 6 medium pears
- 2 cups raspberries

VEGETABLES

- 3.5 cups baby arugula
- 1/2 a bunch of asparagus
- 1 (2 pound) butternut squash
- celery bunch
- 1 carrot, diced
- 6 cups fresh spinach
- 4 green onions, thinly sliced
- 2 cups kale, chopped
- 1/3 medium red onion, diced

FRESH HERBS AND SPICES

- 1 Small piece of fresh ginger
- 2-3 T finely chopped fresh parsley
- 2 heads of garlic
- 1 small handful fresh basil, slivered
- 1 small handful fresh mint

MASON JAR SALADS

- 2.5 cups Chopped Cilantro
- 2.5 cups Chopped Raw Carrots
- 2.5 cups Chopped Raw Cauliflower
- 2.5 cups Chopped Raw Kale
- 2.5 cups Garbanzo Beans, canned
- 2.5 cups Cooked Red Quinoa (1.5 cups dry)

BAKING & COOKING

- 1/3 cup pecans
- 5 Quart Size Mason Jars



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

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CONDIMENTS, DRESSINGS & OILS

- 1 tablespoon green curry paste
- 2 tablespoons hoisin sauce
- bottle toasted sesame oil
- tahini

SEAFOOD

- 1 5-oz. fillet wild salmon, skinless

CANNED FOODS

- 1/3 cup black beans, rinsed
- 1 (10 ounce) can coconut milk

GRAIN & PASTA

- 1/2 cup green lentils
- 1/2 cup uncooked basmati rice, rinsed and drained

DAIRY SECTION

- 2 cups coconut yogurt (unsweetened, plain by So Delicious)
- 2 (14 ounce) package firm water-packed tofu

FROZEN SECTION

- 1 Bag Frozen Stir Fry Vegetables