



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

# Clean & Lean Revolution

**Green Smoothie & Breakfast Larabar Shopping List**  
**FOUNDATIONS – BUILD YOUR MEAL PLAN**  
**Pick three dinner recipes that offer ten servings**

## NATURAL FOODS STORE

- 7 Larabars
- 1 container hummus
- 6 cups soup

## GRAINS & PASTA

- 1 container sesame rice crackers

## GREEN SMOOTHIES

- Rice, Pea or \*Whey Protein Powder (if you opted in with ANY of the supplement packs, a protein powder is included in these packs, you do NOT need to purchase additional protein powder) \*whey is dairy
- 5 cups of frozen berries
- 3 avocado (purchase just ripe and keep in your cheese drawer in the refrigerator)
- Chia OR flax seed (if you choose flax seed, purchase seeds and freshly grind before using)
- 1 large bag frozen organic loose leaf spinach

Check out the Green Smoothie Chart

<http://www.cleanandleanrevolution.com/green-smoothie-chart/>

Then fill in the optional ingredients that you would like to add to your smoothies

## OPTIONAL

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_