



Clean & Lean Revolution

Green Smoothie & Mason Jar Salad Shopping List FOUNDATIONS – BUILD YOUR MEAL PLAN Pick three dinner recipes that offer seven servings

VEGETABLES

- 1.5 cups fresh spinach
- 3/4 cup piquillo peppers
- 1.5 cups olives
- 3/4 cup red onion
- 3/4 cup spring onion

FRUIT

- 7 medium apples
- 7 cups berries

CONDIMENTS, DRESSING, OILS

- extra virgin olive oil
- 6 T red wine vinegar

NATURAL FOODS STORE

- 1 cup prepared quinoa salad
- 1.5 cups soup

BAKING & COOKING

- 49 cashews
- 1.5 cups sun-dried or oven roasted tomatoes

CANNED FOODS & SOUPS

- 3 cups chickpeas, canned

DAIRY & NONDAIRY ALTERNATIVES

- 7 oz organic, aged cheese

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
- 6 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 bag frozen organic loose leaf spinach

Visit:

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

to add your optional ingredients

OPTIONAL

- _____
- _____
- _____
- _____