



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

Hot Breakfast Cereal Shopping List **FOUNDATIONS – BUILD YOUR MEAL PLAN** **Pick three dinner recipes that offer ten servings**

VEGETABLES

- 12 small carrots

FRUIT

- 2 cups organic raspberries
- 3 medium apples
- 3 cups of berries
- 3 small pears

NATURAL FOODS STORE DELI

- Almond butter (jarred is fine, look for grinder at local natural foods store, for fresh ground)
- 1 container hummus
- 4 cups prepared quinoa salad
- 6 cups soup

BAKING & COOKING

- 1/2 cup raisins
- 2 T chia seeds
- 4 tsp cinnamon
- 21 cashews
- 2 tsp vanilla

GRAINS & PASTA

- 1 1/3 cup Gluten Free (GF) dry oats
- 1.5 cups gluten free (GF) granola (840 calories worth)

DAIRY & NONDAIRY ALTERNATIVES

- 1 box unsweetened almond milk
- 32 oz coconut yogurt, plain (made from coconut, So Delicious brand)
- 3 oz organic, aged cheese