



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

2014 JANUARY CLEANSE WEEK FOUR MEAL PLANS

VEGETABLES

- ☐ 2.5 cups Chopped Raw Carrots
- ☐ 2.5 cups Chopped Raw Cauliflower
- ☐ 2.5 cups Chopped Raw Kale
- ☐ 2.5 cups Chopped Cilantro (or Italian Parsley)

FRUIT

- ☐ 4 medium apples
- ☐ 3 1/3 cups berries
- ☐ 2 small pears
- ☐ 2 lemons

CONDIMENTS, DRESSING, OILS

- ☐ 1/4 cup Tahini
- ☐ 2 T minced garlic, jar
- ☐ 1/4 cup Nutritional yeast
- ☐ 2 T extra virgin olive oil

NATURAL FOODS STORE DELI

- ☐ 1 container hummus

CANNED FOODS & SOUPS

- ☐ 1.5 cups Garbanzo Beans, canned

GRAINS & PASTA

- ☐ 3/4 cup Gluten Free (GF) granola
- ☐ 1 container sesame rice crackers
- ☐ 3/4 cup Red Quinoa (or black, or white)

DAIRY & NONDAIRY ALTERNATIVES

- ☐ 18 oz coconut yogurt, plain (made from coconut, So Delicious brand)
- ☐ 1 box unsweetened almond milk

(Two Pages – See Below...)



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
- ☐ 4 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

OPTIONAL

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____