



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

WEEK ONE – SHOPPING LIST JAN 29-FEB 4

VEGETABLES

- ☐ 2 medium onions
- ☐ 3 medium carrots
- ☐ 1 large red onion
- ☐ 1 small or 1/2 large cauliflower
- ☐ 1 bunch fresh flat-leaf parsley
- ☐ 12 ounces Brussels's Sprouts
- ☐ 2 cups kale leaves (flat leaf, NOT curly edge leaf)

FRUIT

- ☐ 1 small pear
- ☐ 4 medium apple
- ☐ 3 1/3 cups berries
- ☐ 3 ripe bananas
- ☐ 2 lemons

CONDIMENTS, DRESSING, OILS

- ☐ Jar of minced garlic
- ☐ 1 tsp apple cider vinegar
- ☐ 1/4 cup apple cider
- ☐ Extra virgin coconut oil
- ☐ 2 T red wine vinegar
- ☐ 2 T whole-grain Dijon mustard

GRAINS & PASTA

- ☐ 1 container sesame rice crackers
- ☐ 1 cup Gluten Free (GF) granola

MEATS, POULTRY, AND FISH

- ☐ 3 eggs
- ☐ 3 (4-ounce) skinless, boneless chicken breast halves OR 10.5 oz firm tofu for Day One Recipe Chicken with Brussels's Sprouts

NATURAL FOODS STORE DELI

- ☐ 1 container hummus
- ☐ 1 1/3 cups prepared quinoa salad
- ☐ 1 1/2 cups prepared vegetable salad from local natural foods' store deli

CANNED FOODS & SOUPS

- ☐ 1 28-ounce can and 1 14oz can chopped tomatoes, with juice
- ☐ 3 ¾ cups chicken broth OR vegetable broth
- ☐ 5 ½ cups cooked white beans (choose one or a mixture of: lima, butter, navy, cannellini...)

DAIRY & NONDAIRY ALTERNATIVES

- ☐ 32 oz coconut yogurt, plain (made from coconut, So Delicious brand)
- ☐ 1/3 cup feta cheese, crumbled OR nutritional yeast
- ☐ 1 box unsweetened almond milk



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BAKING & COOKING

- ☐ small bag of raw cashews
- ☐ 3/4 cup walnuts (OR cashew OR pecan)
- ☐ 2 cups almond flour or meal (can grind raw almonds in the blender to make almond meal)
- ☐ Almond butter (jarred is fine, look for grinder at local natural foods store, for fresh ground)
- ☐ 1 T plus 1 tsp cinnamon
- ☐ Sea salt
- ☐ Black pepper
- ☐ Chili flakes
- ☐ 2 tsp baking soda
- ☐ 5 bay leaves
- ☐ 1 tsp smoked paprika (optional, but delicious! Used in Garlicky White Bean & Kale Soup)
- ☐ 1/2 tsp dried thyme (or 1 tsp fresh thyme leaves)
- ☐ 1 cup dates, pitted
- ☐ 1/2 cup raisins
- ☐ Muffin paper liners
- ☐ 10 kalamata olives (or other type olive or replace with 7 baby artichokes, jarred)

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

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