



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

2014 JANUARY CLEANSE WEEK THREE SHOPPING LIST

VEGETABLES

- ☐ 3/4 cup piquillo peppers (look for fresh or jarred, sweet, not hot)
- ☐ 1 large red onion
- ☐ 1/2 cup green onion
- ☐ 1 large yellow, orange or red pepper (or a mixture)
- ☐ 6 medium carrots
- ☐ 5 1/2 cups fresh spinach leaves

FRUIT

- ☐ 4 medium apples
- ☐ 3 1/3 cups berries (your choice)
- ☐ 2 lemons
- ☐ 2 small pears
- ☐ 1 lime

CONDIMENTS, DRESSING, OILS

- ☐ 1 tsp apple cider vinegar
- ☐ 1 T balsamic vinegar
- ☐ Extra virgin coconut oil
- ☐ Extra virgin olive oil
- ☐ Jar minced garlic
- ☐ 1 1/2 cups olives
- ☐ 1 cup sun-dried tomatoes (not oil packed)

NATURAL FOODS STORE DELI

- ☐ 1 container hummus

BAKING & COOKING

- ☐ 1 1/4 cup almonds
- ☐ 1 cup pecans
- ☐ 7 raw cashews
- ☐ Almond butter (jarred is fine, look for grinder at local natural foods store, for fresh ground)
- ☐ 1/2 cup raisins
- ☐ 1 bay leaf
- ☐ 1/2 tsp garlic powder
- ☐ 1 tsp chili powder
- ☐ 2 tsp ground cumin
- ☐ 1/2 tsp red pepper flakes

CANNED FOODS & SOUPS

- ☐ 3 cups chickpeas, canned
- ☐ 1 14.5-ounce can low-sodium chicken broth (or vegetable broth)
- ☐ 2 15-ounce can cannellini or other white beans
- ☐ 1.5 cups Kidney beans (or others like chickpeas, black beans), canned



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GRAINS & PASTA

- ☐ 1 cup raw quinoa
- ☐ 3/4 cup Gluten Free (GF) granola
- ☐ 1 container sesame rice crackers

DAIRY & NONDAIRY ALTERNATIVES

- ☐ 18 oz coconut yogurt, plain, unsweetened (made from coconut, So Delicious brand)
- ☐ 1/4 cup (1 ounce) grated Parmesan or omit
- ☐ 1 box unsweetened almond milk

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

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