



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

WEEK TWO – SHOPPING LIST FEBRUARY 5 – 11

VEGETABLES

- 1 medium butternut squash OR 20-24 oz frozen organic butternut squash
- 5 carrots
- 1 bunch fresh cilantro
- 1 medium Yukon Gold potato
- 2 celery ribs
- 1 red pepper
- 1 bunch scallions
- 1 1/2 large shallot
- 1 medium onion

FRUIT

- 3 1/3 cup berries
- 1 medium green apple + 4 medium Fuji apples
- 1 lemon
- 2 small pears

CONDIMENTS, DRESSING, OILS

- Jar of minced garlic
- Extra virgin coconut oil
- Extra virgin olive oil
- 4 T balsamic vinegar
- 1 T pure maple syrup

NATURAL FOODS STORE DELI

- 1 container hummus
- 1 cup prepared quinoa salad from local natural foods' store deli
- 1 1/2 cups prepared vegetable salad from local natural foods' store deli
- 1 1/2 cups soup from natural whole foods deli

BAKING & COOKING

- 1/2 cup dried cranberries
- 1/2 cup chopped dried cherries or dried unsweetened cranberries
- 1/2 cup chopped and toasted walnuts
- 7 raw cashews
- Almond butter (jarred is fine, look for grinder at local natural foods store, for fresh ground)
- Sea salt
- 1 bay leaf
- 3 T curry powder
- 3 inch piece fresh ginger



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CANNED FOODS & SOUPS

- 22 ounces unsweetened coconut milk (from can, not light version)
- 2 cups chicken or vegetable broth

GRAINS & PASTA

- 3/4 cup Gluten Free (GF) granola
- 2 cups red lentils
- 3/4 cup dry quinoa
- 1 container sesame rice crackers

DAIRY & NONDAIRY ALTERNATIVES

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

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

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- _____
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