



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

Carrot, Banana, Raisin Muffin Shopping List

FOUNDATIONS – BUILD YOUR MEAL PLAN

Pick three-four dinner recipes that offer ten servings

VEGETABLES

- 1 1/2 cups carrots, shredded

FRUIT

- 3 small pears
- 4 medium apples
- 4 2/3 cups berries
- 3 ripe bananas

CONDIMENTS, DRESSING, OILS

- apple cider vinegar
- extra virgin coconut oil

NATURAL FOODS STORE

- 6 cups soup
- 1 container hummus
- 4 cups quinoa salad

BAKING & COOKING

- 2 cups almond flour or meal
- 2 tsp baking soda
- sea salt
- 1 T cinnamon
- 1 cup dates, pitted
- 1/2 cup raisins
- 3/4 cup walnuts, finely chopped (or nuts of choice)
- muffin paper liners

GRAINS & PASTA

- 2 containers sesame rice crackers

DAIRY & NONDAIRY ALTERNATIVES

- 23 oz coconut yogurt (plain and unsweetened, So Delicious brand)
- 3 eggs