



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

Green Smoothie & Coconut Quinoa Pudding Shopping List
FOUNDATIONS – BUILD YOUR MEAL PLAN
Pick three-four dinner recipes that offer ten servings

FRUIT

- 7 small pears
- 2 nectarines

CONDIMENTS, DRESSING, OILS

- extra virgin coconut oil

NATURAL FOODS STORE

- 4 cup prepared quinoa salad
- 6 cups soup
- 1 container hummus
- 6 T tapenade

BAKING & COOKING

- 21 cashews
- 1/3 cup unsweetened shredded coconut
- 1/2 tsp ground cinnamon
- sea salt
- 1.5 T real maple syrup
- 1/4 cup unsweetened large coconut flakes, toasted

GRAINS & PASTA

- 2/3 cup GF steel cut oats
- 2 containers sesame rice crackers

DAIRY & NONDAIRY ALTERNATIVES

- 1 box unsweetened almond milk
- 4 hard boiled eggs

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
- 2.5 cups of frozen berries
- 2 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

Visit the:

<http://www.cleanandleanrevolution.com/green-smoothie-chart/>

to choose your optional ingredients:

OPTIONAL

- _____
- _____
- _____
- _____