



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

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

FRUIT

- 7 small pears

NATURAL FOODS STORE

- 6 cups soup
- 4 cups prepared quinoa salad
- 63 almonds

GRAINS & PASTA

- 3/4 cup GF granola (420 calories worth)

DAIRY & NONDAIRY ALTERNATIVES

- 7 oz aged cheese

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
- 5 cups of frozen berries
- 3 avocados (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

- _____
- _____
- _____
- _____