



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

Green Smoothie and Hot Granola Shopping List FOUNDATIONS – BUILD YOUR MEAL PLAN Pick three-four dinner recipes that offer ten servings

VEGETABLES

- 9 small carrots

FRUIT

- 3 small pears
- 4 medium apples
- 3 cups berries

NATURAL FOODS STORE

- 6 cups soup
- 1 container hummus

BAKING & COOKING

- 36 almonds
- 21 cashews

GRAINS & PASTA

- 1.5 cups Gluten Free (GF) granola (840 calories worth)
- 1 container sesame rice crackers

DAIRY & NONDAIRY ALTERNATIVES

- 1 box unsweetened almond milk
- 13 oz plain coconut yogurt (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
- 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

- _____
- _____
- _____
- _____