



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

Hearty Smoothie & Fall Frittata Shopping List **FOUNDATIONS – BUILD YOUR MEAL PLAN** **Pick three-four dinner recipes that offer ten servings**

VEGETABLES

- 1 bunch asparagus
- 4 red potatoes
- 1 leek
- 1 small package of chives
- 1 bunch fresh, flat leaf parsley

FRUIT

- 5 small pears
- 7 medium apples
- 4 2/3 cups berries
- 1 1/3 cups quartered strawberries
- 1 banana

CONDIMENTS, DRESSING, OILS

- 2 tsp real maple syrup
- extra virgin olive oil
- 1/4 cup nutritional yeast OR sub ¼ cup ricotta

NATURAL FOODS STORE

- 6 cups soup
- 1 container hummus

BAKING & COOKING

- 49 cashews
- 44 raw almonds
- sea salt
- black pepper

GRAINS & PASTA

- 1 containers sesame rice crackers
- 6 T GF steel cut oats, raw

DAIRY & NONDAIRY ALTERNATIVES

- 10 oz coconut yogurt (plain and unsweetened, So Delicious brand)
- 12 farm fresh eggs (pastured eggs preferred)
- 7 oz aged cheese
- 1 box unsweetened almond milk
- 1/4 cup Ricotta OR sub ¼ cup nutritional yeast