



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

Hot Granola Shopping List

FOUNDATIONS – BUILD YOUR MEAL PLAN

Pick three-four dinner recipes that offer ten servings

VEGETABLES

- 9 small carrots
- 12 small celery sticks

FRUIT

- 7 small pears
- 7 cups berries

NATURAL FOODS STORE

- Almond butter (jarred is fine, look for grinder at local natural foods store, for fresh ground)
- 6 cups soup
- 1 container hummus

GRAINS & PASTA

- 2.5 cups Gluten Free (GF) granola (1,400 calories worth)
- 1 container sesame rice crackers

DAIRY & NONDAIRY ALTERNATIVES

- 1 box unsweetened almond milk
- 23 oz coconut yogurt, plain (made from coconut, So Delicious brand)