



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

Maple-Pecan Breakfast Quinoa Shopping List **FOUNDATIONS – BUILD YOUR MEAL PLAN** **Pick three-four dinner recipes that offer ten servings**

FRUIT

- ☐ 2/3 cup quartered strawberries
- ☐ 7 medium apples
- ☐ 3 cups berries
- ☐ 1 banana

CONDIMENTS, DRESSING, OILS

- ☐ 1 tsp + 6 T real maple syrup

NATURAL FOODS STORE

- ☐ 6 cups soup
- ☐ 1 container hummus
- ☐ 7 Larabars

BAKING & COOKING

- ☐ 3 tsp cinnamon
- ☐ 3/8 tsp nutmeg
- ☐ sea salt
- ☐ 3/4 cup chopped pecans, toasted
- ☐ 1.5 tsp vanilla extract
- ☐ 22 raw almonds

GRAINS & PASTA

- ☐ 1 containers sesame rice crackers
- ☐ 2 cups quinoa
- ☐ 3 T GF steel cut oats, raw

DAIRY & NONDAIRY ALTERNATIVES

- ☐ 5 oz coconut yogurt (plain and unsweetened, So Delicious brand)