



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

## Clean & Lean Revolution

### *Poached Egg Stack & Chai GF Oats Shopping List* **FOUNDATIONS – BUILD YOUR MEAL PLAN** **Pick three-four dinner recipes that offer ten servings**

#### **FRUIT**

- 1 avocado
- 7 medium apples
- 1 tomato

#### **CONDIMENTS, DRESSING, OILS**

- extra virgin olive oil
- 1/2 T aged balsamic vinegar
- 2 T real maple syrup

#### **NATURAL FOODS STORE**

- 6 cups soup
- 4 cups prepared quinoa salad
- 10.5 T tapenade

#### **BAKING & COOKING**

- 4 T chia seeds
- 1/2 tsp ground cardamom
- 1/2 tsp ground ginger or 1 T crystallized ginger
- 1/2 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 2 pinches nutmeg
- black pepper
- 1/4 cup shredded coconut
- 30 chopped pistachios

#### **GRAINS & PASTA**

- 2 containers sesame rice crackers
- 1/3 cup cooked quinoa
- 2 cups GF steel cut oats

#### **DAIRY & NONDAIRY ALTERNATIVES**

- 2 cup hemp milk (280 calories)
- 8 eggs