



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

Rise and Shine Quinoa & Parfait Shopping List
FOUNDATIONS – BUILD YOUR MEAL PLAN
Pick three-four dinner recipes that offer ten servings

VEGETABLE

- ☐ 12 small carrots

FRUIT

- ☐ 2.5 cups blueberries
- ☐ 7 medium oranges
- ☐ 1 1/3 cup berries

CONDIMENTS, DRESSING, OILS

- ☐ 10 tsp real maple syrup

NATURAL FOODS STORE

- ☐ 6 cups soup
- ☐ 1 container hummus

BAKING & COOKING

- ☐ 15 T chopped, toasted walnuts
- ☐ 1 ¼ tsp cinnamon
- ☐ 126 pistachios
- ☐ 21 macadamia nuts

GRAINS & PASTA

- ☐ 3 1/3 cups cooked quinoa
- ☐ 1 1/3 cups GF granola (720 calories worth)

DAIRY & NONDAIRY ALTERNATIVES

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