



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

Yogurt Parfait & Mason Jar Salad Shopping List
FOUNDATIONS – BUILD YOUR MEAL PLAN
Pick three dinner recipes that offer seven servings

VEGETABLES

- 2.5 cups cauliflower
- 2.5 cups raw kale
- 1 bunch fresh cilantro
- 12 small celery sticks
- 15 small carrots

FRUIT

- 2 lemons
- 4 2/3 cups berries
- 8 kiwis
- 3 medium oranges

CONDIMENTS, DRESSING, OILS

- extra virgin olive oil
- 1/4 cup nutritional yeast
- 1/4 cup Tahini
- jar of minced garlic

NATURAL FOODS STORE

- 1 cup quinoa salad
- 1.5 cups soup
- 1 container hummus

BAKING & COOKING

- sea salt
- black pepper
- 6 pint or quart sized Mason jars
- 126 pistachios

CANNED FOODS & SOUPS

- 1.5 cups garbanzo beans, canned

GRAINS & PASTA

- 1.5 cups cooked red quinoa
- 2 cups GF granola (1050 calories worth)

DAIRY & NONDAIRY ALTERNATIVES

- 53 oz plain, coconut yogurt (made from coconut, So Delicious brand)