

CLEAN & LEAN *Revolution*

EATING CLEAN & LEAN! WEEK ONE SHOPPING LIST



VEGETABLES

- 1 bunch fresh parsley
- 1 bunch fresh dill
- 1 bunch fresh chives
- 1 bunch cilantro (use 4 T)
- 2 T chopped fresh basil
- Thyme (5 sprigs) OR 2 1/2 tsp dried
- 1 yellow onion
- 1 bundle green onions
- 1 large cucumber
- 1 2/3 cups radish
- 1 1/4 cups spring peas *organic frozen OR pea pods and shell them
- 2 large red onions
- 1 1/2 cups frozen corn kernels
- 1 small or 1/2 large cauliflower
- 1 jalapeño pepper
- 1 1/2 red bell peppers
- 1 1/2 cups shredded carrots
- 1 1/4 cups cherry tomato
- 5 cups chopped romaine

FRUIT

- 2 lemon
- 4 medium apples

FRUIT CONTINUED

- 3 slightly green bananas
- 2 cups fresh berries (your choice, for snacks) PLUS 2 cups fresh berries (your choice, for oatmeal breakfast)
- 1 barely ripe avocado
- 1/2 cup grape tomatoes
- 1 medium pear

CONDIMENTS, DRESSING, OILS

- 1 T apple cider vinegar
- Jar minced garlic
- Extra virgin coconut oil
- 3 T red wine vinegar
- 12 kalamata olives or regular olives

GRAINS & PASTA

- 1 cup gluten free rolled oats
- 1/2 cup brown rice OR 1 cup cooked brown rice (if you shop at local co-op they have cooked brown rice in the deli OR look in the freezer section for cooked brown rice)
- PaleoWraps (made from coconut, locate in bakery of Whole Foods or at local co-op. If you can't find these, get corn tortillas)

NATURAL FOODS STORE DELI

- 2 cups (GF) gluten free soup from local natural foods store deli, fresh

BAKING & COOKING

- 1/3 cup + 15 raw cashews
- 1 cup toasted sunflower seeds
- 30 raw almonds
- 2 cups almond flour or meal
- 3/4 cup walnuts (or nuts of choice), finely chopped
- 1.5 cups Almond butter (jarred is fine, look for grinder at local natural foods store, for fresh ground)
- 4 T cinnamon
- 1 tsp cumin
- pinch Red pepper flakes
- 1/4 tsp cayenne pepper
- 2 tsp baking soda
- Sea salt
- Pepper
- 1 cup dates, pitted
- 1/2 cup raisins
- Parchment paper
- Muffin paper liners (not foil lined)
- Thai red curry paste
- Thai sweet chili sauce

CANNED FOODS & SOUPS

- 1 28-ounce can organic chopped tomatoes, with juice
- 3 cups canned black beans

MEATS, POULTRY, AND FISH

- 6 organic pastured chicken legs and/or thighs, skinned
- 2 boneless, skinless chicken breasts
- one package prosciutto
- 2 5-ounce salmon filets, skin off

DAIRY & NONDAIRY ALTERNATIVES

- 1 cup organic coconut milk, not 'lite'
- 1 1/2 cup feta, crumbled
- 3 pastured eggs
- 1 oz aged cheese
- 10 oz (420 calories worth) plain coconut yogurt (So Delicious brand) OR full fat plain cow yogurt

GREEN SMOOTHIES

- Rice, Pea or *Whey Protein Powder (if you opted in with ANY of the supplement packs, a protein powder is included in these packs, you do NOT need to purchase additional protein powder) *whey is dairy
- 6 cups of frozen berries
- 2 avocado (purchase just ripe)
- Chia OR flax seed (if you choose flax seed, purchase seeds and freshly grind before using)
- 1 bag frozen organic loose leaf spinach (Whole Foods is a great resource for frozen organic vegetables)

GREEN SMOOTHIE OPTIONAL

- _____
- _____
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