

CLEAN & LEAN *Revolution*

EATING CLEAN & LEAN! WEEK TWO SHOPPING LIST



**You should still have the Italicized items from week one shopping trip*

VEGETABLES

- 1 medium cucumber
- 1/4 red onion*
- 3 large yellow onions
- 1/2 cup alfalfa sprouts
- 1 medium zucchini
- 6 medium carrots
- 2 sweet potato
- 1 large bunch kale
- 4 large fresh thyme sprigs*
- 1 bunch fresh cilantro leaves*
- 1 inch fresh ginger
- 1 1/2 red bell peppers

FRUIT

- 2 cups fresh berries (your choice, for snacks) PLUS 2 cups fresh berries (your choice, for oatmeal breakfast)
- 2 avocado
- 2 medium apples
- 4 Roma tomatoes and 4 beefcake tomatoes
- 1/2 cup grape tomatoes
- 1 lemon
- 1 lime

FROZEN

- 2, 12 oz packages of frozen cubed butternut squash (or one 18 oz package)

CONDIMENTS, DRESSING, OILS

- Jar minced garlic*
- Extra virgin coconut oil*
- Extra virgin olive oil

MEATS, POULTRY, AND FISH

- 6 boneless, skinless chicken thighs (about 1 3/4 pounds total)
- 1 large skinless boneless chicken breast
- One package prosciutto (need two slices)*

BAKING & COOKING

- 45 raw almonds
- 2 bay leaves
- 2 T curry powder
- 1/8 tsp nutmeg
- Sea salt*
- Pepper*

CANNED FOODS & SOUPS

- 2, 15 oz can of Great Northern white beans
- 1 can coconut milk (not light, not boxed coconut milk)
- 16 cups of organic vegetable or chicken broth

GRAINS & PASTA

- 1 1/2 cups red lentils or yellow split peas

DAIRY & NONDAIRY ALTERNATIVES

- 1 oz *aged cheese*
- 16 oz plain coconut yogurt (So Delicious brand)