

CLEAN & LEAN *Revolution*

EATING CLEAN & LEAN! WEEK FOUR SHOPPING LIST



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

VEGETABLES

- ☐ 1 cup fresh spinach
- ☐ 2 ½ cups shelled edamame
- ☐ 1 red bell pepper
- ☐ 2 zucchini
- ☐ large bunch celery
- ☐ 1 large onion
- ☐ 1 small butternut squash
- ☐ 1 bunch fresh rosemary
- ☐ 1 bunch fresh kale
- ☐ 1 English cucumber
- ☐ 1 small bunch fresh dill
- ☐ 2 pounds green cabbage
- ☐ 1/2 pound carrot

FRUIT

- ☐ 2 cups berries (your choice)
- ☐ 2 avocados
- ☐ 2 lemons
- ☐ 1 ¼ cups cherry tomato
- ☐ 1/2 cup grape tomatoes
- ☐ 2 medium apples

CONDIMENTS, DRESSING, OILS

- ☐ Jar minced garlic
- ☐ Extra virgin coconut oil
- ☐ Extra virgin olive oil
- ☐ 3 T ghee
- ☐ 25 kalamata olives

MEATS, POULTRY, AND FISH

- ☐ 1/2 pound boneless, skinless tilapia fillets
- ☐ 2 slices prosciutto

BAKING & COOKING

- ☐ 45 raw almonds
- ☐ Sea salt
- ☐ Pepper
- ☐ 1 tsp paprika

CANNED FOODS & SOUPS

- ☐ 8 cups vegetables stock
- ☐ 3 to 4 cups cooked cannellini beans

GRAINS & PASTA

- ☐ 1/2 cup quinoa

DAIRY & NONDAIRY ALTERNATIVES

- ☐ 1/3 cup Greek yogurt, plain 2%
- ☐ 1 1/2 cups feta cheese, crumbled
- ☐ 1 oz aged cheese
- ☐ 6 oz plain coconut yogurt (So Delicious brand)

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
- ☐ 5 1/3 cups of frozen berries
- ☐ 3 avocado (purchase just ripe and keep in your cheese drawer in the refrigerator)
- ☐ Chia OR flax seed (if you choose flax seed, purchase seeds and freshly grind before using)
- ☐ 1 bag frozen organic loose leaf spinach

OPTIONAL

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