

CLEAN & LEAN *Revolution*

EATING CLEAN & LEAN! WEEK ONE SHOPPING LIST



VEGETABLES

- ☐ 1 bunch fresh parsley
- ☐ 1 bunch fresh dill
- ☐ 1 bunch fresh chives
- ☐ 1 yellow onion
- ☐ 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 tsp fresh thyme leaves, or 1/2 tsp dried thyme
- ☐ 1 small or 1/2 large cauliflower
- ☐ 1 medium sweet potato
- ☐ 1 1/2 cups shredded carrots
- ☐ 3 cups chopped spinach
- ☐ 8 cups chopped romaine

FRUIT

- ☐ 2 lemon
- ☐ 2 cups fresh berries (your choice)
- ☐ 3 slightly green bananas
- ☐ 1 barely ripe avocado
- ☐ 4 medium apples
- ☐ 1/2 cup grape tomatoes

FRUIT CONTINUED

- ☐ 1 medium pear
- ☐ 3 clementine oranges or small orange

CONDIMENTS, DRESSING, OILS

- ☐ 4 T apple cider vinegar
- ☐ Jar minced garlic
- ☐ Extra virgin coconut oil
- ☐ 2 T red wine vinegar
- ☐ 3 T orange marmalade
- ☐ 12 kalamata olives or regular olives

MEATS, POULTRY, AND FISH

- ☐ 6 organic pastured chicken legs and/or thighs, skinned
- ☐ 2 (5 ounce) halibut fillet (opt for a thinner fillet)
- ☐ one package prosciutto

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
- ☐ Almond butter (jarred is fine, look for grinder at local natural foods store, for fresh ground)
- ☐ 1 1/2 T cinnamon
- ☐ 5 T pine nuts
- ☐ pinch Red pepper flakes
- ☐ Jarred organic pesto
- ☐ 2 tsp baking soda
- ☐ Sea salt
- ☐ Pepper
- ☐ 1 cup dates, pitted
- ☐ 1/2 cup raisins
- ☐ Parchment paper
- ☐ Muffin paper liners (not foil lined)

CANNED FOODS & SOUPS

- ☐ 1 28-ounce can organic chopped tomatoes, with juice

GRAINS & PASTA

- ☐ 3/4 cups quinoa
- ☐ 1.5 cups green or brown lentils, dried

DAIRY & NONDAIRY ALTERNATIVES

- ☐ 1/2 cup organic coconut milk, not 'lite' version
- ☐ 1 1/2 cup feta, crumbled
- ☐ 3 pastured eggs
- ☐ 1 oz aged cheese
- ☐ 6 oz (120 calories worth) plain coconut yogurt (So Delicious brand) OR full fat plain cow yogurt. Try Brown Cow full fat, cream on top plain 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
- ☐ 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 (Whole Foods is a great resource for frozen organic vegetables)

OPTIONAL

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____