

CLEAN & LEAN *Revolution*

EATING CLEAN & LEAN! WEEK THREE SHOPPING LIST



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

VEGETABLES

- ☐ 1 cup fresh arugula
- ☐ 1 bunch fresh parsley
- ☐ 2 large carrots
- ☐ 1 2/3 cups celery
- ☐ 1 2/3 cups mushrooms
- ☐ 5 cups spinach
- ☐ 3 cups fresh green beans
- ☐ 1 medium cucumber
- ☐ 1 red onion
- ☐ 1/2 cup alfalfa sprouts
- ☐ 1 medium zucchini
- ☐ 1/2 pound brussel sprouts
- ☐ 1 medium head cauliflower

FRUIT

- ☐ 2 cups berries (your choice)
- ☐ 2 avocados
- ☐ 2 medium apples

FRUIT (Continued)

- ☐ 2 lemons
- ☐ 1/2 cup grape tomatoes
- ☐ 4 Roma tomatoes

CONDIMENTS, DRESSING, OILS

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

MEATS, POULTRY, AND FISH

- ☐ 2 (5 ounce) wild salmon fillets
- ☐ 2 *slices prosciutto*
- ☐ 4 small chicken cutlets (about 1 1/2 pounds)

BAKING & COOKING

- ☐ 45 raw almonds
- ☐ 1/4 cup pine nuts
- ☐ Parchment paper
- ☐ Sea salt
- ☐ Pepper
- ☐ 1/2 T herbes de Provence
- ☐ 1 quart sized, clean glass jar with rubber lid and screw top lid

GRAINS & PASTA

- ☐ 2 cups quinoa

DAIRY & NONDAIRY

ALTERNATIVES

- ☐ 1 ¼ cups grated asiago cheese
- ☐ 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

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