

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 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

FRUIT

- ☐ 2 cups berries (your choice)
- ☐ 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)
- ☐ *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)

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

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