

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
- 1/8 pound fresh green beans, stems removed
- 1 medium cucumber
- 1 red onion
- 1/2 cup alfalfa sprouts
- 1 medium zucchini
- 3 basil leaves
- 1/2 lb asparagus
- 1 small red pepper

FRUIT

- 2 cups berries (your choice, for snacks) PLUS 2 cups berries (your choice, for Warm Belly Oatmeal breakfast)
- 2 avocados
- 3 medium apples
- 2 lemons
- 1/2 cup grape tomatoes
- 4 Roma tomatoes

CONDIMENTS, DRESSING, OILS

- Jar minced garlic*
- Extra virgin coconut oil*
- Extra virgin olive oil*
- 3 T Dijon mustard
- 1/8 cup hummus

MEATS, POULTRY, AND FISH

- 5 slices proscuitto
- 3 small chicken breasts

BAKING & COOKING

- 45 raw almonds
- 3 T almond butter
- 1/4 cup pine nuts
- 1/8 cup hazelnuts
- Parchment paper
- Sea salt
- Pepper
- 1.5 tsp cinnamon

GRAINS & PASTA

- 2 cups quinoa
- 1 cup gluten free rolled oats

NATURAL FOODS STORE DELI

- 2 cups (GF) gluten free soup from local natural foods store deli, fresh
*freeze this for use later in the week

DAIRY & NONDAIRY

ALTERNATIVES

- 1 1/4 cups grated asiago cheese
- 1 oz aged cheese
- 9 oz plain coconut yogurt (So Delicious brand) OR Brown Cow full fat, 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
- 2 avocado (purchase just ripe)
- 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)

GREEN SMOOTHIE OPTIONAL

- _____
- _____
- _____