

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
- ☐ *1/4 red onion*
- ☐ 2 large yellow onions
- ☐ 1/2 cup alfalfa sprouts
- ☐ 1 medium zucchini
- ☐ 6 medium carrots
- ☐ 1 large bunch kale
- ☐ 4 leeks, chopped
- ☐ *4 large fresh thyme sprigs*
- ☐ 6 cloves of garlic
- ☐ 2 large celeriac (celery root)
- ☐ 4 cups fresh basil
- ☐ 2 cups spinach leaves
- ☐ 4 Portabello mushrooms
- ☐ 2 red bell peppers

FROZEN

- ☐ 2, 12 oz packages of frozen cubed butternut squash (or one 18 oz package)

MEATS, POULTRY, AND FISH

- ☐ *One package prosciutto (need two slices)*

CANNED FOODS & SOUPS

- ☐ 2, 15 oz can of white beans
- ☐ 1/2 cup canned coconut milk
- ☐ 20 cups of organic vegetable or chicken broth

FRUIT

- ☐ 2 cups fresh berries (your choice, for snacks) PLUS 2 cups fresh berries (your choice, for oatmeal breakfast)
- ☐ 2 avocado
- ☐ 2 medium apples
- ☐ 4 Roma tomatoes and 4 beefcake tomatoes
- ☐ 1/2 cup grape tomatoes
- ☐ 1 lemon

CONDIMENTS, DRESSING, OILS

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

DAIRY & NONDAIRY ALTERNATIVES

- ☐ *1 oz aged cheese*
- ☐ 15 oz plain coconut yogurt (So Delicious brand)

BAKING & COOKING

- ☐ 45 raw almonds
- ☐ 2 cups raw cashews
- ☐ 2 bay leaves
- ☐ 3 T balsamic vinegar
- ☐ 1 tsp gluten free tamari (soy sauce)
- ☐ 1 T curry powder
- ☐ 1/8 tsp nutmeg
- ☐ 2 tsp coriander
- ☐ 4 tsp celery salt
- ☐ *Sea salt*
- ☐ *Pepper*

- ☐ 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

CANNED FOODS & SOUPS

- ☐ 2, 15 oz can of Great Northern white beans
- ☐ 1/2 cup coconut milk (not light, not boxed coconut milk)
- ☐ 20 cups of organic vegetable or chicken broth

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)