

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)