

CLEAN & LEAN *Revolution*

EATING CLEAN & LEAN! WEEK FOUR SHOPPING LIST



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

VEGETABLES

- 2 cups fresh spinach
- 1 bunch fresh kale
- 1 red bell pepper
- 5 medium zucchini
- 1 large onion
- 1 small butternut squash (or get bag frozen, cubed)
- 2 ½ cups shelled edamame
- 1 cup fresh basil
- 1 bunch fresh rosemary
- head of garlic
- 2 beets
- 1 medium acorn squash
- 3 cups mixed greens
- 2 T minced shallot

FRUIT

- 4 cups berries (your choice)
- 2 avocados
- 2 lemons
- 3 cups cherry or grape tomato
- 2 medium apples
- 1/2 cup pomegranate seeds

CONDIMENTS, DRESSING, OILS

- Extra virgin coconut oil*
- Extra virgin olive oil*
- 3 T ghee OR use organic butter OR use coconut oil
- 25 kalamata olives
- Almond butter*
- 1/3 cup maple syrup (grade B)
- 1/8 cup balsamic vinegar

MEATS, POULTRY, AND FISH

- 2 slices prosciutto*

BAKING & COOKING

- 45 raw almonds
- ¼ cup hazelnuts
- ¼ cup pine nuts
- 2 T pumpkin OR sunflower seeds
- Sea salt*
- Pepper*
- cinnamon*

CANNED FOODS & SOUPS

- 8 cups vegetables stock
- 3.5 cups cannellini beans, can

GRAINS & PASTA

- 1 cup gluten free rolled oats

DAIRY & NONDAIRY ALTERNATIVES

- 1/3 cup Greek yogurt, plain 2%
- 1/4 cup grated parmesan
- 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
- 3 cups of frozen berries
- 1 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
- banana

OPTIONAL

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