



## **Eat Clean – Get Lean**

### 7 Day Shopping List

#### Produce

- o Asparagus (5 oz)
- o Grapes (1 bunch)
- o Romaine Lettuce (1 head)
- o Avocado (2)
- o Green Apples (2)
- o Edamame (3/4 c shelled)
- o Baby Carrots (1 lb bag)
- o Kale (1/2 c)
- o Snap Peas (10 oz)
- o Banana (2)
- o Lemon (2)
- o Sweet Onion (1 small)
- o Broccoli (3 c)
- o Lime (1)
- o Sweet Potatoes (2 medium)
- o Button mushrooms (1/4 c)
- o Blueberries (1 c)
- o Tomato (1)
- o Carrot (1 medium)
- o Spinach (3, 12oz bags)
- o Zucchini (1 medium)
- o Cucumber (1)
- o Raspberries (2 c)
- o Pear (1)
- o Pineapple (1/4 c diced)
- o Red Bell Peppers (2 medium)
- o Cauliflower (2 medium heads)
- o Fresh rosemary
- o Red onion (1 small)
- o Strawberries (3.5 c)

## Meat & Seafood

- o Tuna-in water (2 oz can)
- o Grass-fed Steak Fillet (4 oz)
- o Uncooked shrimp (1/4 lb)
- o Chicken Breast (2.5 lb)
- o Salmon (4 oz)
- o Pork chop (1 package, boneless)
- o Turkey breast (6 slices)
- o Eggs (2.5 dozen)
- o Ground turkey (1 lb)

## Dairy

- o Fat free Feta Cheese
- o Greek yogurt (18 oz)
- o Parmesan Cheese
- o Non-fat Cottage Cheese
- o Part-skim shredded mozzarella cheese
- o Unsweetened Vanilla Almond Milk (32 oz)

## Herbs & Spices

- o Cinnamon
- o Nutmeg
- o Paprika
- o Cumin
- o Oregano
- o Thyme
- o Curry
- o Stevia
- o Garlic powder
- o Dried basil
- o Pepper- black
- o Sesame seeds
- o Garlic salt

## Grains

- o Whole grain sandwich thins (1 bag)
- o Rolled Oats

## Condiments, Oils, Vinegar

- o Almond butter (1 jar)
- o White wine vinegar
- o Pure maple syrup
- o Coconut oil
- o Soy sauce
- o Raw honey
- o Extra virgin olive oil
- o Crushed garlic or fresh (1 jar)
- o Mild salsa (15.5 oz jar)
- o Sesame oil
- o Balsamic Vinegar
- o Classic or red pepper hummus (27grams)

## Nuts

- o Almonds (10 raw)
- o Walnuts (3 tbsp chopped)
- o Almonds (3 tbsp sliced)

## Supplements (optional)

- o Vanilla Whey Protein Powder (no added sugar)
- o Shakeology (Chocolate, Strawberry, Vanilla, Greenberry)

## Time saving prep tips

- \*Prepare chicken 3 days ahead of time and store in the refrigerator until you need it.
- \*Cooked chicken lasts 3-4 days when stored, but ALWAYS check for sour smell.
- \*Chop fruits and veggies ahead of time.
- \*Make one large batch of dressing and store in refrigerator.
- \*Purchase pre-chopped veggies if you are in a time crunch.



## DAY ONE

Drink 16oz of water upon waking & eat breakfast within 1 hour  
30 Minutes workout

### Breakfast: 5 minute Scramble

1 tsp coconut oil, 6 egg white, 1 whole egg and scramble

Top with:

3 tbsp salsa

¼ avocado, sliced

(30 minutes before morning snack, drink 16 oz of water)

### AM Snack: Berry Parfait (or any flavor Shakeology blended with water)

¾ c nonfat greek yogurt

1 tbsp sliced almonds

1/2c fresh raspberries

(30 minutes before lunch, drink 16 oz of water)

### Lunch: Chicken Waldorf Salad

5 oz chicken breast, cubed

2 c organic spinach or romaine

¼ c green apple, cubed

1 tbsp chopped walnuts

¼ c sliced grapes

2 tbsp lemon vinaigrette topped with sea salt and pepper to taste

Dressing:

3.5 tbsp extra virgin olive oil

3.5 tbsp white wine vinegar

2.5 tbsp lemon juice

½ tsp raw honey

1tsp Dijon mustard

Shake well store extra in container- 5 servings

(30 minutes before afternoon snack, drink 16 oz of water)

### PM Snack: Turkey Cottage Cheese Rolls

3 slices Turkey breast

¼ c non-fat organic cottage cheese

½ red bell pepper, sliced

Place cottage cheese and red bell pepper on top of turkey slices and roll

(30 minutes before dinner drink 16 oz of water)

### Dinner: Steak with broccoli & Sweet Potato

4 oz grass fed steak, marinated with 1/2tbsp soy sauce, 1 crushed garlic clove and black pepper for 1 hour prior to cooking (or overnight). Grill until desired temperature.

1/2 medium baked sweet potato-pierce potato with fork several times, wrap with tin foil and bake at 400 for 30-45 minutes

1c steamed broccoli sprinkled with 1 tbsp Parmesan cheese



## DAY TWO

Drink 16oz of water upon waking & eat breakfast within 1 hour

30 Minute Workout

### **Breakfast Strawberry Almond Protein Smoothie (or Shakeology with Almond milk and ½ banana, & ice)**

Blend until desired consistency:

1 C Strawberries

8 oz unsweetened vanilla almond milk

½ banana

½ tbsp. almond butter

1 scoop Vanilla Whey Protein Powder

Ice

(30 minutes before morning snack drink 16 oz of water)

### **AM Snack Hard Boiled Eggs**

2 hard-boiled eggs, sea salt and pepper to taste

(30 minutes before lunch drink 16 oz of water)

### **Lunch Avocado Chicken Salad Sandwich**

1 whole grain sandwich thin

3 oz baked chicken breast, shredded

Mix chicken well with ¼ avocado, 2 tbsp diced red pepper, 1/8 tsp cumin, 1/8 tsp paprika, sea salt and pepper to taste

Sandwich toppings: lettuce, tomato, cucumber slices

8 baby carrots on the side

(30 minutes before afternoon snack drink 16 oz of water)

### **PM Snack Hummus & Crudité**

2 tbsp classic or red pepper hummus dip

1 c raw veggies: Broccoli, snap peas, baby carrots

(30 minutes before dinner drink 16 oz of water)

### **Dinner Chicken Stir Fry**

Heat ½ tbsp coconut oil and ½ tsp sesame oil over medium heat

Add:

6 oz chicken breast, cubed. Cook until no longer pink.

Add:

½ medium carrot, cut into thin slices, cook 2 minutes

¼ c broccoli florets- cook 5 minutes, ¼ c red bell pepper, sliced, ¼ c zucchini, sliced

Add: ¼ c sliced button mushrooms for the last 1-2 minutes

Toss with 1 ½ soy sauce (non-GMO) or Bragg's Amino Acids



## Day THREE (Drink 16oz of water upon waking & eat breakfast within 1 hour)

### Breakfast

#### 5 Minute Scramble

1 tsp coconut oil, 6 egg whites, 1 whole egg, scramble

Top with:

3 tbsp salsa

¼ avocado, sliced

(30 minutes before morning snack drink 16 oz of water)

### Am Snack

Pineapple Kale Smoothie (or any flavor Shakeology blended with water)

Blend:

8-10 oz unsweetened vanilla almond milk

½ tbsp raw honey

½ c raw kale

¼ c diced fresh pineapple

½ small banana

Ice

(30 minutes before lunch drink 16 oz of water)

### Lunch

#### Chicken & Spinach Strawberry Salad

4 oz chicken breast, cubed

½ tbsp sliced almonds

¼ c quartered strawberries

1 tbsp fat free feta

2 c organic spinach

2 tbsp left over lemon vinaigrette

(30 minutes before afternoon snack drink 16 oz of water)

### PM Snack

#### Turkey Cottage Cheese Rolls

3 slices Turkey breast

¼ c non-fat cottage cheese

½ red bell pepper, sliced

Place cottage cheese and red bell pepper on top of turkey slices and roll

(30 minutes before dinner drink 16 oz of water)



## Dinner

### BBQ Rosemary Pork with cauliflower mash

1 package, boneless pork chops

6 Sprigs of fresh rosemary

2 tablespoons olive oil

Sea salt and pepper to taste

Place pork chops, rosemary (leaves only) and olive oil in Ziploc bag and marinate in fridge for 30 minutes. Place pork on grill until cooked through.

2 medium heads cauliflower, steamed until soft

1 c non- fat cottage cheese

1 c Parmesan cheese

3/4 tsp garlic powder

After cauliflower is steamed and soft, blend all ingredients together until desired consistency.





## DAY FOUR (Drink 16oz of water upon waking & eat breakfast within 1 hour)

### Breakfast Egg Sandwich

1 whole grain sandwich thin  
Top with:  
2 slices of tomato  
2 whole eggs scrambled (sea salt and pepper to taste)  
1 tbsp shredded part skim mozzarella cheese  
(30minutes before morning snack drink 16 oz of water)

### AM Snack

Banana Nut (or any flavor Shakeology blended with water)

½ Medium banana  
1 tbsp almond butter  
(30minutes before lunch drink 16 oz of water)

### Lunch Chicken Waldorf salad

5 oz chicken breast, cubed  
2 c organic spinach or romaine  
¼ c green apple, cubed  
1 tbsp chopped walnuts  
¼ c sliced grapes  
Sea salt and pepper to taste  
2 tbsp lemon vinaigrette  
(30minutes before afternoon snack drink 16 oz of water)

### PM Snack Hummus & Crudité

2 tbsp classic or red pepper hummus dip  
1 c raw veggies: Broccoli, snap peas, baby carrots  
(30minutes before dinner drink 16 oz of water)

### Dinner Turkey Burgers

1 lb ground turkey  
¼ c whole wheat bread crumbs  
½ cup low fat buttermilk  
2 green onions, finely chopped  
2 tbsp parsley, finely chopped  
1tsp Dijon mustard  
1 dash Worcestershire sauce  
Black pepper to taste  
Combine breadcrumbs and buttermilk in bowl; mix well and let sit for 10 minutes.  
Add remaining ingredients to bowl. Shape into 4 patties. Grill or broil (on high) for 5-6 minutes each side or until they are cooked through  
Toppings: Lettuce, Tomato, Onion, One sandwich thin



## DAY FIVE

Drink 16oz of water upon waking & eat breakfast within 1 hour  
30 Minute Workout

### **Breakfast Fruit Parfait (or Shakeology with 8 oz almond milk and ½ banana)**

6 oz plain organic greek yogurt

1 tsp raw honey

2 c fresh berries (blueberries, raspberries, strawberries)

(30minutes before morning snack drink 16 oz of water)

### **AM Snack Oatmeal (or any flavor Shakeology blended with water)**

¼ c uncooked oats (cooked per instructions)

Sprinkle with cinnamon

¼ tsp organic stevia

Splash of almond milk

(30minutes before lunch drink 16 oz of water)

### **Lunch Tuna Salad Sandwich**

Mix:

2 oz canned tuna (in water)

1 tbsp lemon juice

2 tbsp extra virgin olive oil

2 tbsp diced red onion

1 tbsp diced red bell pepper

¼ tsp cumin

Sea salt and pepper to taste

Assemble on whole grain sandwich thin

Top with sliced tomato and lettuce

(30minutes before afternoon snack drink 16 oz of water)

### **PM Snack Apple & Nuts**

10 almonds

1 green apple

(30minutes before dinner drink 16 oz of water)

### **Dinner Salmon & Sautéed Veggies**

Add 1 tbsp soy sauce (or Braggs Amino Acids), ½ tbsp sesame seeds, 2 cloves garlic crushed on a 4 oz salmon fillet

Wrap salmon in foil and grill until salmon begins to flake.

Add 1 tbsp coconut oil and sauté ½ sliced medium carrot for 2 minutes

Add ½ c sliced zucchini, ½ sweet onion and sauté until you can pierce with fork

Right after you add the zucchini and onion, sprinkle with ¼ tsp thyme and light garlic salt



## DAY SIX (Drink 16oz of water upon waking & eat breakfast within 1 hour)

### Breakfast June's Famous Weekend Protein Pancakes

Blend:

2 egg whites

½ c rolled oats

3 tbsp fat free cottage cheese

Dash cinnamon & nutmeg

Separate batter and cook 3 small pancakes on non-stick pan, turning only once

Top with 1 tbsp organic maple syrup

(30 minutes before morning snack drink 16 oz of water)

### AM Snack Strawberry Almond Protein Smoothie (or Shakeology with Almond milk and ½ banana, ice)

Blend until desired consistency:

1 C Strawberries

8 oz unsweetened vanilla almond milk

½ banana

½ tbsp. almond butter

1 scoop Vanilla Whey Protein Powder

Ice

(30 minutes before lunch drink 16 oz of water)

### Lunch Chicken & Spinach Strawberry Salad

4 oz chicken breast, cubed

½ tbsp sliced almonds

¼ c quartered strawberries

1 tbsp fat free feta

2 c organic spinach

2 tbsp left over lemon vinaigrette

(30 minutes before afternoon snack drink 16 oz of water)

### PM Snack Edamame

¾ c shelled edamame sprinkled with sea salt

(30 minutes before dinner drink 16 oz of water)

### Dinner Curry Chicken with Asparagus & Sweet Potato

4 oz chicken brushed lightly with olive oil

Rub chicken with 1 tsp curry and ¼ tsp sea salt- grill until cooked through

Brush 1 c asparagus with olive oil- grill turning every 2 minutes until lightly charred and can be pierced with a fork- 5-10

Season with sea salt and pepper to taste

½ medium baked sweet potato- pierce potato with fork several times, wrap with tin foil and bake at 400 for 30-45 minutes



## DAY SEVEN (Drink 16oz of water upon waking & eat breakfast within 1 hour)

### Breakfast **5 Minute Scramble**

1 tsp coconut oil, 6 egg whites, 1 whole egg, scramble

Top with:

3 tbsp salsa

¼ avocado, sliced

(30 minutes before morning snack drink 16 oz of water)

### Am Snack **Berry Parfait (or any flavor Shakeology blended with water and ice)**

¾ c non-fat greek yogurt

1 tbsp sliced almonds

½ c fresh raspberries

(30 minutes before lunch drink 16 oz of water)

### Lunch **Chicken Pear Salad**

4 oz chicken breast, cubed

2 c organic spinach

½ pear sliced

1 tbsp walnuts, chopped

1 tbsp fat free feta

Dressing:

¾ tsp extra virgin olive oil

1 ½ tsp balsamic vinegar

¼ tsp raw honey

(30 minutes before afternoon snack drink 16 oz of water)

### PM Snack **Hummus & Crudité**

2 tbsp classic or red pepper hummus dip

1 c raw veggies: Broccoli, snap peas, baby carrots

(30 minutes before dinner drink 16 oz of water)

### Dinner **Garlic Lime Shrimp Salad**

¼ lb uncooked shrimp

Mix the following in bowl:

¼ tsp cumin

1/8 tsp dried oregano

¼ tsp sea salt

1/8 tsp pepper

½ tsp crushed garlic

2 tsp lime juice

½ tbsp olive oil

Blend and add shrimp marinating for 10 minutes. Grill on a skewer for 3-7 minutes

Assemble a salad with 2 cups lettuce, 1/8 slice avocado, ½ sliced tomato, ¼ sliced cucumber- top with shrimp once done cooking through

Drizzle 2 tbsp lemon vinaigrette