

Lean

Week
One

Clean

Nutrition

The Grocery List

FRUITS & VEGETABLES:

apples, orange, cucumbers, avocado, tomato, strawberries, spinach, lettuce, squash, onions

CANNED GOODS:

black beans, bean salad beans, tuna,

GRAINS:

old fashioned oatmeal, rice, couscous, flax, chia seeds, Grapenuts

FROZEN GOODS:

corn, broccoli, cauliflower,

MEAT:

pork tenderloin, chicken breasts, beef for shish kabobs (optional)

TOILETRIES:

OTHER:

protein powder, raisins