



THE LITTLE BLACK DRESS

Grocery List Week 2

Vegetables *Organic if possible!*

- 1 head of garlic
- 4 sweet onions
- 1 head Fresh broccoli
- Fresh Asparagus
- 2 peppers (red preferred)
- 1 stalk of celery
- 3 Zucchini
- 1 Yellow Squash
- 1 Sweet Potato
- 1 Rutabaga
- 1 Jalapeno
- 3 large Carrots
- 2 regular Tomato (PLUS any extra you want for your 4 salads)
- 1 pint (140 g) mushrooms (OPTIONAL for Sat)
- 1 head of fresh Romaine Lettuce (for 1 wrap + 1 salad)
- Lettuce – for 2 more salads (Can use your Romaine here, or get arugula/spinach/mixed greens, anything EXCEPT Iceberg lettuce.)
- 2 bags + 1 lb. (650 g) Spinach
- Veggies you want for your 4-5 salads/wraps & lunches (organic as much as possible: Tomatoes, mushrooms, peppers, cucumber, onion, carrots, broccoli, cauliflower, etc.)

Fish & Seafood

- 1 Package of Smoked Salmon (4 oz/112 g total)
- 2 cans Tuna

Dairy

- 1.5 dozen eggs (organic, free range, & hormone/antibiotic free if possible)

Fruit *Organic if possible!*

- 1 apples
- 2 bananas
- 1 grapefruit
- 2 lemons
- 1 lime
- 2 mangos
- 2 kiwi
- 1 peach
- For smoothies, your choice of frozen: strawberries, blueberries, mango, pineapple, papaya, orange (5 cups/750 g of frozen fruit worth TOTAL)
- 4 Haas Avocados

Meat

- 4 oz. (112 g) thick slices of organic turkey (I get in-house roasted from Whole Foods) ~ OPTIONAL- can sub 4 oz. (112 g) pre-cooked Chicken (free-range if possible)
- 1-2 lbs (450-900 g) Strip Steak for Sat (can sub chicken breast)
- 2 boneless/skinless chicken breast (free range & antibiotics/hormones free)
- 2 Pork Chops with Large Tenderloin
- Small package of nitrate free bacon (if need to replenish)

Miscellaneous

- 5 oz. (140 g) PLAIN Greek Yogurt
- For Choc & Coconut Superfood Shake: Coconut milk OR almond milk, Cacao (raw, unprocessed), goji berries, supergreens (see supplements), coconut butter
- Coconut milk OR Almond Milk (If need to replenish)
- OPTIONAL for Paleo Mayo (can sub 1 Tbs. Greek Yogurt instead for Avo Egg Salad): Fresh Basil, Dry Mustard (if you don't already have it), and 1 lemon



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Spices If you don't have them already

- Cayenne pepper
- Pink Himalayan Sea Salt
- Freshly Ground Pepper
- Dried Onion Powder
- Garlic Powder
- Thyme
- Basil
- Dried Parsley
- Pumpkin Pie Spice
- Cardamom
- Ground Ginger
- Cumin
- Cayenne or Red Pepper Flakes
- Oregano
- Cinnamon

Ingredients you should already have ...

- Protein powder
- Daily Women's Multivitamin
- (Optional) Greens Blends (by Amazing Grass or something similar)
- Fish Oil
- Cold-Pressed Coconut Oil (I usually get Artisana or Spectrum Naturals from WF)
- Extra Virgin Olive Oil
- Aged Balsamic vinegar – (no high-fructose corn syrup)
- Apple Cider Vinegar
- Honey Mustard (organic if possible)
- Raw Organic Honey OR Coconut Sugar
- Coffee and/or Tea bags (OPTIONAL)

Fresh Herbs

- 1 bunch Fresh Dill
- 1 bunch cilantro (for Salsa this Sun)

Replenish your Trail Mix & Protein Bars as necessary:

(choose ONLY mix #1 or #2, not both)

- For Trail Mix #1: ½ cup (60 g) ground flax seeds, 1 cup (120 g) each raw pumpkin seeds AND raw sunflower seeds, 1½ cup (170 g) almond meal, 3 cups (240 g) shredded unsweetened coconut, 4 cups (480 g) raw slivered almonds, ½ cup (80 g) unsweetened dried fruit (cherries, raisins, etc.)
- For Trail Mix #2: ½ cup (60 g) each: raw walnuts, almonds, pecans, pumpkin seeds, and sunflower seeds; and ¼ cup (40 g) each: dried apricots, dried cranberries (naturally sweetened), dried unsweetened blueberries, and golden raisins.
- Protein Bar Option #1: 1.25 cups (150 g) slivered almonds, 1 cup (120 g) pecans, ⅓ cup (35 g) ground flax meal, 7 large medjool dates, ⅓ cup (55 g) each dried unsweetened cherries and apricots
- Protein Bar Option #2: ½ cup (60 g) each of slivered almonds and chopped pecans, ½ cup (80 g) dried cranberries OR blueberries, 1/2 cup (40 g) unsweetened coconut.