



# THE LITTLE BLACK DRESS

## Grocery List Week 1

### *Vegetables* *Organic if possible!*

- 1 garlic (4 cloves)
- 1 shallot
- 2-3 sweet onions
- Fresh or Frozen broccoli
- 1 pepper (red preferred)
- 1 Zucchini
- 1 spaghetti squash
- Small bag of baby carrots (2 cups/300 g)
- 3 Plum Tomato (plus anything you want for your salads- see below)
- 1 head of fresh Romaine Lettuce (for wraps)
- 2 bags Organic Spinach
- 1-2 bunches of Purple/Green Kale ~ for Kale Chips and/or Immune Smoothie
- Lettuce – for 5-6 salads (I prefer arugula/spinach/mixed greens, anything EXCEPT iceberg lettuce.)
- Veggies you want for your 9 salads & wraps (organic as much as possible: Tomatoes, mushrooms, peppers, cucumber, onion, carrots, broccoli, cauliflower, etc.)

### *Fruit* *Organic if possible!*

- 3 bananas
- 2-3 lemons
- Blueberries (1 small package) for Saturday
- 1 Haas Avocado
- For smoothies, your choice of frozen: strawberries, blueberries, mango, pineapple, papaya, orange (4-5 cups/600 g of frozen fruit TOTAL)

### *Meat*

- 10 oz. (280 g) slice of thick organic turkey (I get in-house roasted from Whole Foods)
- 1.5 lbs (675 g) ground turkey meat
- Small package of nitrate free bacon (can sub 2 oz (56 g) sliced organic turkey if you prefer for Frittata)

### *Fish & Seafood*

- 2 cans tuna fish (packed in water)
- 2 (5 oz/140 g) Filets of Salmon (Ask for skin off both sides. Wild salmon and not previously frozen if possible.)

### *Dairy*

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

### *Nuts & Seeds*

- For Trail Mix #1: ½ cup (60 g) ground flax seeds, 1 cup (120 g) raw pumpkin seeds, 1 cup (120 g) 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 or raisins)  
(choose ONLY mix #1 or #2, not both)
- For Trail Mix #2: ½ cup (60 g) each: raw walnuts, almonds, pecans, pumpkin seeds, and sunflower seeds; and ¼ cup (40 g) each: chopped dried apricots, dried cranberries (naturally sweetened), dried unsweetened blueberries, and golden raisins
- ¼ cup (30 g) of Pecans for Saturday

### *Notes*

The grilled pork chops for Sunday evening will be on the Week 2 Grocery List to preserve freshness!



# THE LITTLE BLACK DRESS

## *Grocery List Week 1*

### *Miscellaneous*

- Almond Butter (100% almonds)
- 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
- (Optional) Bottle of white wine
- Dijon mustard (no high fructose corn syrup)
- Honey Mustard (organic if possible)
- Raw Organic Honey OR Coconut Sugar
- 1 Jar of Tomato Sauce (my fav is Mario Batali Marinara)
- 1 Can of Organic Pumpkin
- 1 package almond meal, aka: almond flour
- 1 can chopped tomatoes (need 7 oz/196 g)
- Vanilla Extract (NO HFCS)
- Baking Soda
- (Optional) – for Choc & Coconut Superfood Shake: Coconut milk OR almond milk, Cacao (raw, unprocessed), goji berries, protein powder, supergreens (see supplements), coconut butter

### *Fresh Herbs*

- Fresh Flat Leaf Parsley

### *Tea & Coffee* *Only after Wednesday*

- (Optional) Green tea or other teas. (Tea bags ONLY & organic if possible)
- (Optional) Coffee (use coconut milk or almond milk ONLY as creamer.) NO sweetener allowed.

### *Spices*

- 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

### *Supplements*

- Daily Women's Multi-Vitamin (I take Alive)
- Protein Powder (I use Amazing Grass or sfh.com, but anything without Soy (or lecithin) and has 5 ingredients or less is fine.
- 1 Protein Bar:
  - Homemade Option #1: You'll need 1.25 cups (150 g) slivered almonds, 1 cup (120 g) pecans, 1/3 cup (35 g) ground flax meal, 7 large medjool dates, 1/3 cup (55 g) each dried unsweetened cherries and apricots
  - Homemade Option #2: You'll need 1/2 cup (60 g) each of slivered almonds and chopped pecans, 1/2 cup (80 g) dried cranberries OR blueberries, 1/2 cup (40 g) unsweetened coconut
- (Optional) Greens Blends (by Amazing Grass or something similar)