



THE LITTLE BLACK DRESS

Grocery List Week 3

Vegetables *Organic if possible!*

- 1 head of garlic
- 2 sweet onion + 1 red onion
- 1 head broccoli
- 1 Zucchini
- 2-3 cups Brussels Sprouts
- 2 Rutabagas
- 4 Plum tomatoes (PLUS any extra you want for 4-5 salads/wraps)
- 1 bunch Asparagus (fresh or frozen)
- 1 head cauliflower (for Sat)
- Lettuce – for 3 salads & 1 wrap (Can use your Romaine here, or get arugula/spinach/ mixed greens, anything EXCEPT Iceberg.)
- Spinach– 8 oz (225 g) + 1 bag (smoothies & Frittata)
- Veggies you want for your 4 salads/wraps (organic as much as possible: Tomatoes, mushrooms, peppers, cucumber, onion, carrots, broccoli, cauliflower, etc.)

Fish & Seafood

- 1 can Tuna
- 2 x 5 oz. (140 g) Salmon Steaks (Boneless & Skinless. Try to get wild and NOT previously frozen.)

Dairy

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

Fresh Herbs

- Fresh Rosemary (not optional)
- Fresh Thyme / (or dried- you should already have dried)
- Fresh Flat Leaf Parsley

Fruit *Organic if possible!*

- 1 apple
- 2 bananas
- 1 grapefruit (red)
- 2 pieces of fruit of choice (plum, peach, etc.)
- For smoothies, choice of frozen: mango strawberries, blueberries, pineapple, papaya, orange (3-4 cups/450-600 g of frozen fruit TOTAL)
- 2 Haas Avocados
- 3 lemons

Meat

- 8 oz. (225 g) lean meat for Salads (can get in-house roasted turkey from Whole food, OR you can use pre-made chicken, turkey burger, etc.)
- 4 boneless/skinless chicken breast (free range & antibiotics/hormones free)
- Small package of nitrate free bacon (IF you need to replace)
- 1 (or 2!) x 1 lb. (450 g) pork tenderloin (hint: you may want to double this recipe!)

Miscellaneous

- 4 oz. (112 g) Greek Plain Yogurt
- Dijon Mustard (if you don't already have)
- 1 container Chicken Stock (low sodium) for Mashed Cauliflower & Rutabaga
- (Optional – if need to replace) – for Choc & Coconut Superfood Shake): Coconut milk OR almond milk, Cacao (raw unprocessed cocoa), goji berries, coconut butter

Supplements

- 2 Protein Bars



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Ingredients you should already have ...

- Protein powder
- Daily Women's Multivitamin
- (Optional) Greens Blends (by Amazing Grass or something similar)
- Almond butter
- Cold-Pressed Coconut Oil
- Extra Virgin Olive Oil
- Aged Balsamic vinegar – (no high-fructose corn syrup)
- Apple Cider Vinegar
- Bottle of white wine
- Honey Mustard (organic if possible)
- Raw Organic Honey OR jar of Coconut Sugar
- 1 Jar of Tomato Sauce (my fav is Mario Batali Marinara)
- 1 package almond meal, aka: almond flour (at Whole foods)
- 1 can (14 oz/392 g) chopped tomatoes
- Vanilla Extract (NO HFCS)
- Baking Soda
- Coffee and/or Tea bags (OPTIONAL)

Spices needed for this week

- Sea Salt or Kosher Salt
- Freshly Ground Pepper
- Thyme
- Tarragon

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, & sunflower seeds; and ¼ cup (40 g) each: dried apricots, dried cranberries (naturally sweetened), dried unsweetened blueberries, & 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.

Spices

- Dried Onion Powder
- Ground Ginger
- Garlic Powder
- Cumin
- Basil
- Cayenne Pepper
- Dried Parsley
- Red Pepper Flakes
- Pumpkin Pie Spice
- Oregano
- Cardamom
- Cinnamon