



THE LITTLE BLACK DRESS

Grocery List Week 6

Vegetables *Organic if possible!*

- 1 head of garlic
- 2 red onion + 2 sweet onions
- 1 Broccoli (to steam)
- Asparagus (to steam)
- 1 sweet potato
- 1 Red Pepper
- 1 Jalapeno
- 1 Zucchini
- 1 Spaghetti Squash
- 3 Large Carrots
- 1 Rutabaga
- 3 Plum + 2 Regular Tomatoes (PLUS any extra you want for 3 salads)
- 1 small bunch of Celery
- OPTIONAL: 1-2 bunch of Purple/Green Kale ~ for Immune Smoothie
- Lettuce – for 3 salads (Can use your Romaine here, or get arugula/spinach/mixed greens, anything EXCEPT Iceberg lettuce.
- 2 bags + 1 lb (450 g) Baby Spinach (4 smoothies, frittata + soup)
- Veggies you want for your 3 salads: (organic as much as possible: Tomatoes, mushrooms, peppers, cucumber, onion, carrots, broccoli, cauliflower, etc.)

Fish & Seafood

- 1 x 4oz. (112 g) Package of Smoked Salmon
- 1 can Tuna
- 2-4 boneless, skinless Salmon Steaks

Dairy

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

Fruit *Organic if possible!*

- 1 Apple
- 1 Banana
- 2 Mangos
- 2 Kiwi
- 1 Fresh Grapefruit (red/pink)
- 1 Limes
- 1 cup (150 g) fresh mixed berries
- For smoothies, choice of frozen: mango strawberries, blueberries, pineapple, papaya, orange (4 cups (600 g) of frozen fruit TOTAL)
- 2 Haas Avocados
- 1 Lemon

Meat

- 2 chicken breast BONE-ON (skinless) (free range & antibiotics/hormones free)
- 2-4 Pork chops with large tenderloin
- Small package of nitrate free Bacon OR Turkey Bacon (IF you need to replace)
- 4 oz. (112 g) lean meat (can get in-house roasted Turkey from Whole Foods OR you can use pre-made chicken, turkey burger, etc.)

Miscellaneous

- 1 Greek Yogurt (plain)
- 1 can Organic Pumpkin
- ¼ cup (30 g) Raw Pecans for Pumpkin Pancakes (Optional)
- If you don't already have for 2 Choc & Coconut Superfood Shakes: Coconut milk OR almond milk, Cacao (raw unprocessed cocoa), goji berries, coconut butter (different than coconut oil)



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Ingredients you should already have ...

- Protein powder
- Daily Women's Multivitamin
- (Optional) Greens Blends (by Amazing Grass or something similar)
- Fish Oil (at least 500 mg each of EPA & DHA)
- Almond Butter (100% almonds- I get the 365 brand from Whole Foods)
- Aged Balsamic vinegar – (no high-fructose corn syrup)
- Apple Cider Vinegar
- Bottle of white wine
- Dijon mustard (no high-fructose corn syrup)

The following items will be needed this week:

- Honey Mustard (organic if possible)
- Raw Organic Honey OR jar of Coconut Sugar
- Vanilla Extract (NO HFCS)
- Baking Soda
- Coffee and/or Tea bags (OPTIONAL)
- Cold-Pressed Coconut Oil (I usually get Artisana or Spectrum Naturals from WF)
- Extra Virgin Olive Oil
- Almond Flour / Almond Meal

Fresh Herbs

- 1 bunch fresh dill
- 1 Fresh Cilantro (Mango Salsa)
- Fresh Flat Leaf Parsley (Frittata)

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

- Sea Salt or Kosher Salt
- Freshly Ground Pepper
- Pumpkin Pie Spice
- Cardamom
- Ground Ginger
- Cinnamon

Supplements

- 1 protein bar