



THE LITTLE BLACK DRESS

Grocery List Week 5

Vegetables *Organic if possible!*

- 1 head of garlic
- 4 yellow onions
- 1 package broccoli
- 1 bunch Asparagus (Optional – can sub broccoli)
- 1 sweet potato
- 1 red or yellow pepper
- 1 yellow squash
- 1 zucchini
- 1 small box mushrooms
- 1 large carrot
- 1 tomatoes (PLUS any extra for 5 salads)
- 1 cauliflower
- OPTIONAL: 1-2 bunch of Purple/Green Kale ~ for Immune Smoothie
- Lettuce – for 6 salads/wraps (Can use your Romaine here, or get arugula/spinach/mixed greens, anything EXCEPT Iceberg lettuce.
- 1.5 lbs (675 g) + 1-2 bags of Spinach for 5 Smoothies
- Veggies you want for your 4 salads/wraps and 1-2 cups for snacks: (organic as much as possible: Tomatoes, mushrooms, peppers, cucumber, onion, carrots, broccoli, cauliflower, etc.)

Fish & Seafood

- 1 can Tuna
- 1 pound (450 g) of Halibut (or your choice of: sea bass, cod, snapper, salmon, etc.) Do Not Get: farm raised fish, anything previously frozen, or color enhanced.

Dairy

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

Fruit *Organic if possible!*

- 3 bananas
- 1 grapefruit
- 1-2 avocados
- 1 package strawberries
- For smoothies, choice of frozen: mango strawberries, blueberries, pineapple, papaya, orange (5 cups (750 g) of frozen fruit TOTAL)
- 3 lemons

Meat

- 8 oz. (225 g) lean meat for Salads & Dinner on Monday (can get in-house roasted turkey from Whole Foods, OR use pre-made chicken, turkey burger, etc.)
- 1 lb. strip steak (450 g) (or other lean steak, grass-fed if possible)
- 4 boneless/skinless chicken breast (free range & antibiotics/hormones free) OR 1 whole chicken

Miscellaneous

- 1 Greek Yogurt (Plain)
- 1 cup (low sodium) Chicken Stock (240 ml) OR ½ Cup (120 ml) of White Wine- if you don't have at home
- Small jar green pitted olives (optional, for Chicken Oreganata)
- ½ cup (60 g) Raw Assorted Nuts (no peanuts) if you need to replace

Fresh Herbs

- Fresh Parsley



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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 (100% almonds- I get the 365 brand from Whole Foods)
- Aged Balsamic vinegar – (no high-fructose corn syrup)
- Apple Cider Vinegar
- Dijon mustard (no high-fructose corn syrup)
- Honey Mustard (organic if possible)
- Raw Organic Honey OR jar of Coconut Sugar
- 1 package almond meal, aka: almond flour (at Whole foods)
- Vanilla Extract (NO HFCS)
- Baking Soda
- Coffee and/or Tea bags (OPTIONAL)

The following items will be needed this week:

- Ezekiel Bread (frozen)
- Cold-Pressed Coconut Oil (I usually get Artisana or Spectrum Naturals from WF)
- Extra Virgin Olive Oil
- Bottle of white wine

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
- Thyme
- Dried Parsley
- Oregano