

# Week 1: The Little Black Dress Challenge

## Shopping List

### Vegetables

- 3 bags (600g) spinach
- 6 Broccoli florets
- Bag frozen peas & corn (stir fry)
- 4 button mushrooms
- 1 bag kale
- 1 cucumber
- 1 courgette
- 4 celery stalks
- 2 sweet potato
- For Naked Lettuce Wraps: 1 Romaine lettuce & any sliced-up veggies you want to wrap up
- 10 Carrots
- 3 red bell peppers (capsicum)
- 5 onion
- 10 cloves garlic
- 4 tomato

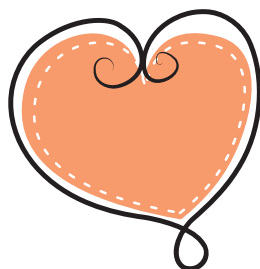
### Fruit

Organic if you can run to it.

- 5 lemons – Morning Mojo & Waldorf Salad.  
(Grate the lemon skin & keep for the Quinoa Porridge)
- 4 Avocado
- 2 Apples
- Red Grapes

### Meat

- 345g Turkey or 3 Turkey Breasts
- 1 kg of Beef bones
- 200g Beef strips
- 3 Bacon Rashers (Frittata)



### Fish & Seafood

- None

### Eggs

- 11 eggs

### Nuts & Seeds

- Gut Healing Soup: 50g chopped cashews
- Beef Stir Fry: 1 tbsp sesame seeds
- Waldorf Salad: 50g chopped walnuts
- For All Day Smoothie:
  - 100g almonds
  - 50g cashews
  - 2 tbsp sunflower seeds
  - 2 tbsp chia seeds
- For Trail Mix #2:
  - 1/2 cup walnuts
  - 1/2 cup almonds
  - 1/2 cup pecans
  - 1/2 cup pumpkin seeds
  - 1/2 cup sunflower seeds
  - 1/4 cup chopped dried apricots
  - 1/4 cup dried cranberries
  - 1/4 cup dried unsweetened blueberries
  - 1/4 cup dried golden raisins

## Miscellaneous

- Almond Butter (100% almonds)
- Cold-Pressed Coconut Oil
- Extra Virgin Olive Oil
- Balsamic Vinegar
- Rice Wine Vinegar
- Soy Sauce
- Oyster Sauce
- Dijon Mustard
- Sesame Oil
- Organic Apple Cider Vinegar with the Mother (available at MDF)
- Flaxseed or Chia Seed shots
- Whey Protein powder (Optional, available at MDF in single servings or tubs)
- Beef Broth (if you don't want to make your own, buy readymade - available at MDF)
- Manuka Honey
- Vanilla Extract (NO HFCS)
- Baking Soda
- Coconut milk
- Unsweetened almond milk
- 170g Fage Greek yoghurt
- Optional - Cacao (raw, unprocessed)
- 400g Lentils
- 400ml MSG-free Vegetable Stock
- Quinoa
- Basmati Rice

## Fresh Herbs

- Dill
- Parsley



## Spices

- Sea Salt
- Freshly Ground Pepper
- Dried Onion Powder
- Crushed Garlic
- Thyme
- Basil
- Dried Parsley
- Cloves (optional for quinoa porridge)
- Ground Nutmeg
- Cardamom
- Ground Ginger
- Cumin
- Cayenne or Red Pepper Flakes
- Oregano
- Cinnamon
  
- Tea & Coffee (only after Wed this week)
- **(Optional)** Green Tea or Tulsi (Tulsi Tea stocked at Million Dollar Fitness)
- **(Optional)** Coffee NO sweetener allowed. (use coconut milk or unsweetened almond milk ONLY as creamer)

## Supplements

- Daily Multi Vitamin
- Omega 3
- Protein Powder - we stock a full range of tasty low-carb proteins, but anything without Soy is fine.
- **(Optional)** Super Greens We stock Lean Greens, order online : <http://leangreens.com/dee>

## Notes:

**Week 1 Shopping list may cost a little more if you have to stock up on items you don't already have in your cupboard.**

**Don't forget to add in ingredients for Smoothie of your choice on Day 5 and Day 7.**

**Ladies, you might want to run a quick scan of your shopping list against the weekly plan in case I've left anything out!!!**

