

Week 2: The Little Black Dress Challenge

Shopping List

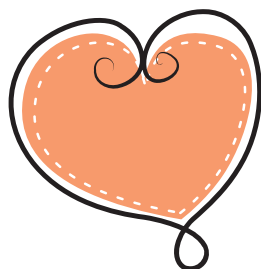
Vegetables

- 5 onion
- 1 Red Onion
- 2 capsicums (1 yellow, 1 red)
- 10 garlic cloves
- 3 Red Pepper
- 1 Cucumber
- 6 Carrots
- 2 cups Cherry Tomato
- 1 lge Sweet Potato
- ½ Red Cabbage
- 6 Broccoli Florets
- 3 Celery Stalks
- 12 – 20 Asparagus Spears (dinner day 11 & 12)
- 2 Courgette
- 200g bag Spinach
- ¼ cup butternut squash
- 56g diced green chillies
- ½ Jalapeno
- Fresh veg to serve with tuna (day 9)

Fruit

(Organic if you can run to it.)

- 1 pear
- 3 Apple
- 5 Avocado
- 4 Lemons (morning mojo)
- 1 Red Grapefruit



Meat

- 225g minced beef
- 525g minced turkey
- 6 slices bacon
- 1kg beef/chicken bones (for broth)

Fish & Seafood

- 115g Tuna (springwater)
- 230g Salmon (2 fillets)

Eggs

- 12 eggs

Miscellaneous

- Almond Butter
- 3 x 170g Total Fage yoghurt
- 1 tin tomatoes
- 225g tomato sauce
- Cocoa powder
- Beef Stock
- 200ml MSG-Free Stock
- 200g Lentils

Fresh Herbs

- Dill
- Parsley

Ingredients You Should Have

Replenish your Trail Mix & Protein Bars as necessary

For Trail Mix #1

- ½ cup ground flax seeds
- 1 cup pumpkin seeds
- 1 cup sunflower seeds
- 3 cups shredded unsweetened coconut
- 4 cups slivered almonds
- ½ cup unsweetened dried cherries OR Raisins
- **(choose ONLY mix #1 or #2, not both)**

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 (sweetened with apple juice),
- 1/4 cup dried unsweetened blueberries

PROTEIN BAR Option #1

- 1.25 cups slivered almonds
- 1 cup pecans
- 1/3 cup ground flax meal
- 7 large Medjool dates
- 1/3 cup dried unsweetened cherries
- 1/3 cup dried apricots

PROTEIN BAR Option #2

- ½ cup slivered almonds
- ½ cup chopped pecans
- 1/2 cup dried cranberries or blueberries
- 1/4 cup unsweetened coconut

Ingredients You Should Have

- Cold-Pressed Coconut Oil
- Protein Powder
- Multi Vitamin
- Sliced/Crushed Almonds (for Warm Grapefruit)
- Cashews
- Omega 3
- Extra Virgin Olive Oil
- Plain Flaxseed or Chia Seed
- Balsamic vinegar (no high fructose corn syrup)
- Apple Cider Vinegar
- Manuka Honey
- Coffee and/or Tulsi Tea bags (OPTIONAL)

Spices

- Sea Salt
- Freshly Ground Pepper
- Dried Onion Powder
- Garlic Powder
- Thyme
- Basil
- Dried Parsley
- Coriander
- Ground Ginger
- Cumin
- Paprika
- Cayenne or Chilli Powder
- Oregano
- Cinnamon



Notes:

Don't forget to add in the ingredients for your Day 13 LBD approved snack and Day 14 Cheat Meal.

