

# Week 3: The Little Black Dress Challenge Shopping List

## Meat

- Chicken carcass (bone broth)

## Vegetables

- 1 onion
- 2 carrots
- 4 celery sticks
- 4 cloves garlic
- 1 cucumber
- 10 tomatoes
- 4 bell peppers
- 2 Broccoli heads
- 2 shallots
- 1 fennel bulb
- 1 leek (small)

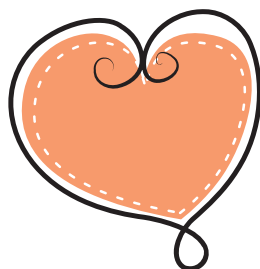
## Fruit

(Organic if you can run to it.)

- 3 apple
- 9 lemons
- 8 strawberries
- Fresh blueberries
- 1 date

## Eggs

- 2 eggs



## Miscellaneous

- Brown Rice (wholegrain)
- Basmati Rice
- Quinoa
- 1 can chickpeas
- 200ml Vegetable stock
- roasted red peppers (jar)
- Marinated Artichoke hearts (jar)
- Pine Nuts
- Fage Full Fat Yoghurt
- Sesame seeds
- Walnuts
- Almonds
- Pecans
- Sunflower seeds
- 85% Dark Chocolate (organic if you can run to it)
- Coconut Milk
- Coconut Yoghurt (Marks & Sparks do a yummy one)
- 800g Tin Mixed Beans
- 20g Cheddar Cheese



## Ingredients You Should Have

- Chia / Flaxseed
- Apple Cider Vinegar
- Herbs & Spices
- Extra Virgin Olive Oil
- Cinnamon
- Sea Salt
- Vanilla Extract
- Coconut Oil

## Fresh Herbs

- Parsley
- Mint
- Bay Leaf



## Notes:

PS - Don't forget to add in the ingredients for your Day 21 evening meal!!