

Week 4: The Little Black Dress Challenge

Shopping List

Fish

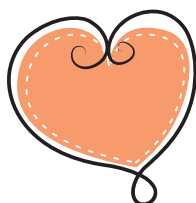
- 160g tuna
- 3 salmon fillets

Poultry

- 300g turkey mince (turkey burgers)

Vegetables

- 4 tomato
- Small tub cherry tomatoes (rainbow salad)
- 2 large bag spinach
- 3 white onion
- 7 broccoli heads
- 2 red onion
- 2 shallots
- 5 garlic clove
- 1 cucumber
- ½ red cabbage
- 1 carrot
- 2 red capsicum
- 1 yellow capsicum
- 2 bag kale
- 4 leeks
- 4 courgettes
- 1 large sweet potato
- 250g green beans
- 600g frozen peas



Fruit

(Organic if you can run to it.)

- 8 lemons
- 5 avocado
- 1 lime
- 1 apple

Eggs

- 4 eggs

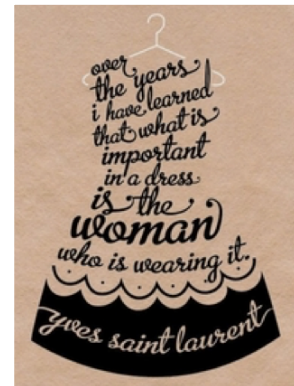
Miscellaneous

- Coconut water (plain)
- Fresh ginger
- Fage Full Fat Yoghurt
- 6 scoops protein
- 400g chickpeas
- 56g crushed walnuts
- 1000ml vegetable stock
- 800ml bone broth or vegetable stock (hulk soup)
- Green pesto



Fresh Herbs

- Coriander
- Parsley
- Mint



Ingredients You Should Have

- Chia / Flaxseed
- Apple Cider Vinegar
- Trail Mix Ingredients
- Almonds
- Cayenne Pepper
- Cumin
- Clove
- Nutmeg
- Cinnamon
- Unsweetened Almond Milk
- Nut Butter (not peanut)
- Extra Virgin Olive Oil
- Sea Salt
- Coconut Oil

Notes:

PS - DON'T FORGET DAY 28
Turkey/Chicken dish ingredients!

