

Week 5: The Little Black Dress Challenge Shopping List

Fish

- 230g salmon (2 fillets)
- 226g Cod

Poultry

- Chicken Carcass (for bone broth) – enough for 6 portions
- 6 chicken thighs (skinless)
- 3 strips turkey rashers

Vegetables

- 17 onions
- 32 garlic cloves
- 4 lge sweet potato
- Lge bag spinach
- 20 carrots
- 4 red bell pepper
- 2 roasted red peppers (jar ok)
- 8 marinated artichoke hearts (jar ok)
- 4 cauliflower heads
- 1 courgette
- 3 tomato



Fruit

- 8 lemons
- 1 banana
- 4 avocado
- 4 apple
- 4 kiwi

Eggs

- 8

Fresh Herbs

- Bayleaves
- 6 bunches of herbs of your choice (for bone broth)
- Dill (garnish)
- Parsley
- Coriander

Miscellaneous

- Espresso
- 800g lentils
- Crème Fraiche (4 tbsp)
- 4 cups chicken stock (for the mashed cauliflower)
- Flahavans Irish Oats
- 30g Dark Chocolate (above 85%)
- 100g cashews
- 800ml vegetable stock

Items You Should Already Have

- Chia / Flaxseed
- White wine (optional for the Lemon Cod)
- Apple Cider Vinegar
- Brown Rice
- Basmati Rice
- Quinoa
- Chickpeas (1/2 can)
- Pine Nuts
- Hazelnuts (20)
- Almonds
- Cayenne Pepper
- Cumin
- Clove
- Nutmeg
- Cinnamon
- Unsweetened Almond Milk
- Coconut Milk
- Nut Butter (not peanut)
- Extra Virgin Olive Oil
- Sea Salt
- Coconut Oil
- Coconut water



Notes:

**PS - DON'T FORGET!!
DAY 35 ingredients!**