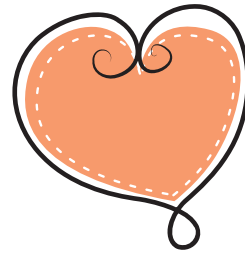


# Week 6: The Little Black Dress Challenge

## Shopping List



### Fish

- 230g salmon (2 fillets)
- 1 avocado

### Poultry

- Chicken carcass for 7 servings of bone broth
- 500g pork mince

### Vegetables

- 1 lge bag spinach
- 15 onions
- 2 shallots
- 18 garlic cloves
- 1 ½ cucumber
- 10 tomatoes
- 4 green bell peppers
- 2 broccolli heads
- 2 sweet potato
- 1 bag cauliflower florets
- 1 lge bag Kale
- 1 lge bag brussel sprouts
- 2 carrots
- 1 red bell pepper

### Fruit

- 7 lemons
- 3 avocado
- 1 grapefruit
- 2 apple

### Eggs

- 4

### Fresh Herbs

- Any herbs (for bone broth)
- 3 bunch parsley
- Mint
- Dill

### Miscellaneous

- Peppercorns
- 170g Fage Greek Yoghurt
- 200g lentils
- 200ml vegetable stock or bone broth
- Mediterranean dried herbs

### Items You Should Already Have

- Trail Mix ingredients
- Chia / Flaxseed
- Honey
- Apple Cider Vinegar
- Brown Rice
- Basmati Rice
- 1½ can chickpeas
- Quinoa
- Almonds
- Pine nuts
- Walnuts
- 25g cashews
- Cayenne Pepper
- Roasted red Peppers (jar)
- Artichoke hearts (jar)
- Cumin
- Clove
- Nutmeg
- Cinnamon
- Nut Butter (not peanut)
- Extra Virgin Olive Oil
- Sea Salt
- Coconut Oil
- Coconut water



### Notes:

**PS - DON'T FORGET!!**  
**DAY 42 dinner ingredients!**