

# FOOD & MOOD

Phase 1 Shopping lists Vegetarian (February – April 2022)

## Food & Mood Week 1 Vegetarian Shopping List

Veggies, Roots and Herbs	
1 cup	Cherry tomatoes
1 cup	Kale
5 cups (2 medium heads)	Cauliflower
6 ¼ cups (3 ½ heads)	Broccoli
¾ tsp	Basil
6 cups	Spinach
1 cup	Baby spinach
½ cup	Fresh mint
5	Carrots
1	Tomato
½ cup	Sundried tomatoes
1 cup (1 1/3)	Beetroot
3 cups (1 ½)	Brown onions
1 cup	Red onion
9	Garlic cloves
½	Zucchini
¼	Spring onion
2 tsp	Coriander
4	Asparagus spears
7 ¼ cups	Button mushrooms
3 cups (1 medium)	Eggplant
1 ½ cups	Chickpeas
1 cup (1 large)	Tomatoes
3 cups	Frozen green peas
2/3 cup	Lentils
3 tbsp (1 small stalk)	Celery
½	Leek
1/3 tbsp	Parsley
2 tbsp	Red kidney beans
Fruits and Fruit Juices	
2 ½	Avocados
12	Strawberries
½ cup	Mixed berries
4	Apples
4	Kiwifruits
4 ½	Bananas
3	Medjool dates
½	Lemon
Milk and dairy products	
4 ¼ cups	Greek yoghurt
1 ¼ cup	Reduced fat ricotta
3 ¼ cups	Low fat milk
3 cups	Skim milk
3 ½ tbsp	Parmesan cheese
¾ cup	Low fat cottage cheese
2 tbsp	Feta cheese

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<b>Grains, Bread, Noodles and Wraps</b>	
1 cup	Barley
2	Wholemeal or Gluten free English muffins
¾ cup	Breadcrumbs
4 thin slices	Grainy or Gluten free bread
½ cup	Quinoa
2	Wholemeal or Gluten free pita pockets
¾ cup	Arborio rice
6 tbsp	Brown rice
<b>Proteins (Meat, Poultry, Fish, seafood, tofu, etc.)</b>	
1 ½ cup (370g)	Silken tofu
1/3 cup (85g)	Firm tofu
9	Eggs
<b>Nuts, Seeds and Spices</b>	
1 ½ tbsp	Pine nuts
3 tbsp	Mixed seeds
¾ tsp	Cinnamon
3 ½ tsp	Oregano
2 ¼ tbsp	Thyme
½	Red chilli pepper
¼ tbsp	Sesame seeds
1 tsp	Coriander seeds
1 tsp	Cumin seeds
1 tsp	Fennel seeds
½ tsp	Smoked paprika
1 tsp	Italian herbs
½ tsp	Mixed herbs
<b>Others</b>	
½ cup	Olive oil
4 tsp	Protein powder
1 ½ tsp	Honey
8	Vanilla beans
2 tbsp	Rice malt syrup
3 tbsp	Cacao powder
3 tbsp	Nut butter
½ cup	Hummus
½ tsp	White vinegar
1 tbsp	Tamari sauce
1 sachet	Natvia sugar
1 ½ tbsp	Plain or gluten free flour
4 ¾ cups	Vegetable stock
¼ cup	Tomato paste