

# FOOD & MOOD

Phase 1 Shopping lists Standard (February – April 2022)

## Food & Mood Week 3 Standard Shopping List

Veggies, Roots and Herbs	
4 cups (4 medium)	Tomatoes
8 cups	Baby spinach
4	Garlic cloves
1 cup	Basil
3	Carrots
4 ¼ cups (5)	Beetroots
1 ½ cups (2)	Parsnips
1 ½ cups (2 small)	Turnips
1 ½ cup (2 medium)	Sweet potatoes
2	Baby potatoes
4 cups	Kale
4 cups	Cherry tomatoes
2 cups	Lentils
5 cups	Rocket
2 tbsp	Coleslaw mix
3 cups	Red capsicum
3 cups	Eggplant
1 2/3 cup (2 medium)	Zucchini
2/3 cup (1/2 medium)	Red onion
1 cup (1 small head)	Broccoli
2/3 cup (1 medium)	Tomatoes
20	Kalamata olives
1 cup (1/4 head)	Red cabbage
½ cup	Snow peas
4 tsp	Coriander
Fruits and Fruit Juices	
4	Bananas
3 cups	Frozen mixed berries
2/3 cup	Mango
¼ cup	Coconut meat
4 tbsp	Sultanas
2 ½ cups	Blueberries
3 ¼ cups	Strawberries
¾ cup	Raspberries
4	Kiwifruits
1 ½	Lemon
1 cup	Avocado
Milk and dairy products	
1 cup	Almond milk
1 2/3 cups	Low-fat/Non-fat milk
1 ¼ cup	Reduced fat feta
3 ½ tbsp	Low fat cottage cheese
Grains, Bread, Noodles and Wraps	
6 tbsp	Rolled or gluten free oats
2 slices	Wholegrain or gluten free bread
6 tbsp	Quinoa
½ cup	Couscous*

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¾	Wholemeal or gluten free pita wrap
6 tbsp	Brown rice
<i>* Gluten free option: use quinoa or brown rice</i>	
<b>Proteins (Meat, Poultry, Fish, seafood, tofu, etc.)</b>	
2 cups (500g)	Soft tofu
4	Eggs
1 cup (180g)	Chicken breast
1 ½ cup (200g)	Chicken thigh
2/3 cup (170g)	Salmon
2 cups (200g)	Tinned salmon
<b>Nuts, Seeds and Spices</b>	
½ cup	Almonds
1 tbsp	Italian herbs mix
1 tsp	Turmeric
1 tsp	Cinnamon
1 tsp	Cumin
½	Red chilli
½ cup	Mixed seeds
1 cup	Hazelnuts
1 cup	Walnuts*
<i>* Option to use hazelnuts or almonds for Mango Berry bliss snack recipe</i>	
<b>Others</b>	
5 ½ tbsp	Olive oil
	Olive oil spray
6 tsp	Honey
2 tbsp	Tamari sauce
4 tbsp	Nutritional yeast flakes
4 tsp	Vanilla bean pods
1 tsp	Vanilla extract
1 tbsp	White wine vinegar
3 tbsp	Red wine vinegar
1 tbsp	Balsamic vinegar