

# FOOD & MOOD

## COACHING

### SHOPPING LIST (VEGETARIAN) - WEEK 2

Vegetables, Roots and Herbs	
220 g	Artichoke hearts
100-110 g	Baby spinach
40 g	Sundried tomatoes
500 g (1 bunch)	Medium asparagus spears
640 g (3 small heads)	Broccoli
75 g (1 medium)	Onion
6-7 pcs	Garlic clove
180 g (1 can)	Canned chickpeas, drained
3 pcs	Carrot
40 g	Red capsicum
310 g (2 ½ cups)	Frozen green peas
170 g	Sugar snap peas
40 g	Mint
5 pcs (300 g)	Roma Tomato
450 g	Frozen spinach
1	Spring onion
400 g (6 cups or 2 bunches)	Kale
60 g	English Spinach
225 g (¼ to 1/3 small head)	Cauliflower
1 cup	Lettuce
2 pcs (220 g)	Beetroot
4 pcs	Brussel sprouts
50g	Snow peas
310 g	Green beans
100 g	Cos lettuce
80 g	Rocket
2/3 tbsp	Parsley
160g	Canned Soya beans
Fruits and Fruit Juices	
½	Lime
¾ pc	Lemon
300 g (3 pcs)	Banana
6 pcs	Dates
60 g	Raspberries (fresh or frozen)
1 cup	Canned pineapple
2 tbsp	Avocado
2 pcs	Small apple
2 tsp	Lemon Rind
Dairy, Milk and Cheese	
570 g	Low fat cottage cheese
440 g	Reduced fat feta
7 cups (1.7 L)	Almond milk
30 g	Parmesan cheese
200g	Low fat ricotta



# FOOD & MOOD

## COACHING

Grains, Bread, Noodles and Wraps	
4 pcs	Thin slice wholemeal bread/ Gluten free bread
30 g	Brown rice
60g	Breadcrumbs
5 pcs	Wholemeal pita bread
Proteins, Meat, Fish and Poultry	
16	Eggs
6	Egg whites
220 g	Firm tofu
Nuts, Seeds and Spices	
2 tbsp	Sweet chilli
8 g	Sunflower seeds
1 tsp	Curry powder
1 tsp	Turmeric
1 tsp	Cumin
60 g	Walnuts
Others	
2 (sprays)	Olive spray
5-6 tbsp	Extra virgin Olive oil
4 tsp	Peanut butter
1 ½ tbsp	Miso paste
2 tsp	Balsamic vinegar
2 tsp	Honey
1 ½ tbsp	100% Almond butter
2 tsp	White wine vinegar

