

FOOD & MOOD

COACHING

SHOPPING LIST (STANDARD)

PHASE 2 WEEK 11

Week 11 - Veggies, Roots and Herbs	
3 tbsp	Shallot
2 ½ cups	Mushrooms
2 tbsp	Sundried tomatoes
4	Tomatoes
8 cups	Spinach
4	Cucumbers
1	Lebanese cucumber
3 cups	Silver beet
8 cups	Rocket *
2 2/3 cups	Beetroot
2/3 cup	Parsley
¾ cup	Mint
2	Kalamata olives
4	Garlic cloves
2 ½	Potatoes
2	Sweet potatoes
1 1/3 cup	Broccoli *
1 cup	Button mushrooms
7 tsp	Coriander
1 cup	Baby spinach
1 1/3 cup	Red onion
3 cups	Carrot
1 cup	Green beans
¾ cup	Cos lettuce
2 ½ cups	Pumpkin

* Note: You can add more of these vegetables to serve as sides for the meals



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Week 11 - Fruits and Fruit Juices	
6 tsp	Acai berry blend
4 ½ cups	Coconut water
3	Banana
¾ cup	Strawberries
¾ cup	Blueberries
2	Dates
1	Banana
3	Grapefruits
4	Navel or blood oranges
3	Mandarins
6 tbsp	Desiccated coconut
1 ½	Avocado
4	Apples
3	Green apples
5	Lemons
2 tbsp	Sultanas
Week 11 - Milk and dairy products	
4 ¼ cups	Almond milk
2 1/8 cups	Coconut yoghurt
1 1/8 cup	Reduced fat feta
4 tbsp	Low fat cottage cheese
Week 11 - Grains, Bread, Noodles and Wraps	
¾ cup	Rolled or gluten free oats
2 slices	Rye or gluten free bread
3	Wholemeal or gluten free pita
5 tbsp	Quinoa
4 tbsp	Breadcrumbs
½ cup	Brown or long grain rice/ Couscous



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2 slices	Rye or gluten free bread
3	Wholemeal or gluten free pita
5 tbsp	Quinoa
4 tbsp	Breadcrumbs
½ cup	Brown or long grain rice/ Couscous
Week 11 - Proteins (Meat, Poultry, Fish, seafood, tofu, etc.)	
5	Eggs
9	Egg whites
10 tbsp	Lentils
4 tbsp	Chicken breast
1/3 cup	Firm tofu
1 1/3 cup	Chickpeas
1	Lean lamb steak
1 can	Tuna in spring water
Week 11 - Nuts, Seeds and Spices	
1 cup	Almonds
3 tbsp	Chia seeds
2 tsp	Cinnamon
1 tbsp	Flaxseed
3 tsp	Cumin
1 ½	Red chilli
½ tsp	Paprika
2 tsp	Middle eastern spices blend
½ tsp	Cayenne pepper
1 tsp	Wholegrain mustard



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Week 11 - Others	
3 ½ tbsp	Olive oil
	Olive oil spray
¾ tbsp	Coconut oil
5 tbsp	Honey or maple syrup
½ tsp	Baking powder
6 tbsp	Chickpea flour
2 tbsp	Nutritional yeast
8 tsp	Spirulina powder
2 tbsp	Balsamic vinaigrette
2 tbsp	Tahini
4 tbsp	Hummus

