

FOOD & MOOD

COACHING

SHOPPING LIST (VEGETARIAN)

PHASE 2 WEEK 11

Week 11 - Veggies, Roots and Herbs	
2 tbsp	Shallot
2 ½ cups	Mushrooms
2 tbsp	Sundried tomatoes
3	Tomato
8 cups	Spinach
4 cups	Cucumber
1	Lebanese cucumber
3 cups	Silver beet
8 cups	Rocket *
2 2/3 cups	Beetroot
7 tbsp	Parsley
1/3 cup	Mint
17	Kalamata olives
7	Garlic cloves
2	Potatoes
2	Sweet potatoes
1 1/3 cups	Broccoli *
1 cup	Button mushrooms
7 tsp	Coriander
1 cup	Baby spinach *
3	Red onions
2/3	Carrot
12	Cherry tomatoes
1 ½	Red capsicum
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 ¼ cups	Coconut water
4	Bananas
¾ cup	Strawberries
¾ cup	Blueberries
2	Dates
3	Grapefruits
4	Navel or blood oranges
3	Mandarins
6 tbsp	Desiccated coconut
1 ½	Avocados
4	Apples
3	Green apples
5 ½	Lemons
2 tbsp	Sultanas
Week 11 - Milk and dairy products	
4 ¼ cup	Almond milk
2 1/3 cup	Coconut yoghurt
1 ½ cup	Reduced fat feta
4 tbsp	Low fat cottage cheese
Week 11 - Grains, Bread, Noodles and Wraps	
4	Eggs
9	Egg whites
10 tbsp	Lentils
4 tbsp	Chicken breast
1/3 cup	Firm tofu
3 1/3 cups	Chickpeas



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Week 11 - Nuts, Seeds and Spices	
1 1/4 cups	Almonds
3 tbsp	Chia seeds
2 tsp	Cinnamon
1 tbsp	Flaxseed
2 tsp	Cumin
1/2	Red chilli
1/2 tsp	Paprika
4 tsp	Middle eastern spices blend
1/2 tsp	Cayenne pepper
Week 11 - Others	
3 tbsp	Olive oil
	Olive oil spray
3/4 tbsp	Coconut oil
4 3/4 tbsp	Honey or maple syrup
1/2 tsp	Baking powder
6 tbsp	Chickpea flour
2 tbsp	Nutritional yeast
8 tsp	Spirulina powder
1 tbsp	Balsamic vinaigrette
2 tbsp	Tahini

