

# FOOD & MOOD

## COACHING

### SHOPPING LIST (VEGETARIAN)

#### PHASE 2 WEEK 8

| Week 8 - Veggies, Roots and Herbs |                   |
|-----------------------------------|-------------------|
| 30                                | Red onion         |
| 2 cups                            | Brown onion       |
| 3 cups                            | Spring onion      |
| 4 tsp                             | Cherry tomatoes   |
| 2                                 | Red capsicum      |
| ½ cup                             | Basil             |
| 4 cups                            | Zucchini          |
| 1 cup                             | Garlic cloves     |
| 1 ½ cup                           | Basil             |
| 6                                 | Rocket            |
| 2                                 | Tomato            |
| ½ cup                             | Fresh parsley     |
| 2 tbsp                            | Corn cobs         |
| 2/3 cup                           | Frozen peas       |
| 2 ½ cup                           | Celery stalks     |
| 2 ¼ cups                          | Cucumber          |
| ¼ head                            | Baby spinach      |
| ½ cup                             | Cannellini beans  |
| 7 cups                            | Red kidney beans  |
| 1 cup                             | Olives            |
| 2 ½                               | Mint              |
| 2 stalks                          | Button mushrooms  |
| 2                                 | Cherry tomatoes   |
| 1 cup                             | Butternut pumpkin |



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| Week 8 - Fruits and Fruit Juices          |                                     |
|---|-------------------------------------|
| 6 tsp                                     | Acai berry blend                    |
| 1 ½ cups                                  | Coconut water                       |
| 3   | Bananas                             |
| 1 ¼ cup                                   | Strawberries                        |
| ¾ cup                                     | Blueberries                         |
| 4 cups                                    | Honeydew melon                      |
| 3 ½                                       | Red apples                          |
| ¼ cup                                     | Dates                               |
| 2 tbsp                                    | Avocado                             |
| 1   | Lemon                               |
|   |                                     |
| Week 8 - Milk and dairy products          |                                     |
| 6 tsp                                     | Feta                                |
| 5 cups                                    | Almond or low-fat milk              |
| 3 ½ c                                     | Coconut yoghurt                     |
| 1 cup                                     | Reduced fat ricotta                 |
| 7 tbsp                                    | Greek yoghurt                       |
|   |                                     |
| Week 8 - Grains, Bread, Noodles and Wraps |                                     |
| 1/3 cup                                   | Brown rice                          |
| 1/3 cup                                   | Wild rice                           |
| 2/3 cup                                   | Rolled or gluten free oats          |
| 2 small                                   | Wholemeal or gluten free pita bread |
| 2 slices                                  | Wholemeal or gluten free bread      |
|   |                                     |



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| Week 8 - Proteins (Meat, Poultry, Fish, seafood, tofu, etc.) |                            |
|--|----------------------------|
| 5  | Eggs                       |
| 6  | Egg whites                 |
| 1 cup  | Firm tofu                  |
| 1 cup  | Chickpeas                  |
| 2/3 cup  | French lentils             |
| 2 cups   | Chickpeas                  |
|  |                            |
| Week 8 - Nuts, Seeds and Spices                              |                            |
| 1 ½ cups   | Almonds                    |
| 3 tbsp   | Pine nuts                  |
| 3 tbsp   | Macadamia                  |
| 1 cup  | Chia seeds                 |
| 1 ½ tsp  | Mixed spice                |
| 1 tsp  | Oregano                    |
| 1 tsp  | Cinnamon                   |
| 1 ½ tbsp   | Wholegrain mustard         |
|  |                            |
| Week 8 - Others  |                            |
| ¾ cup  | Olive oil                  |
|  | Olive oil spray            |
| 3 tbsp   | Almond butter              |
| 4 cups   | Green tea                  |
| ¾ cup  | Manuka honey or Honey      |
| 2 tbsp   | Tamari sauce, reduced salt |
| 9 tbsp   | Balsamic vinaigrette       |
|  |                            |

