

FOOD & MOOD

COACHING

SHOPPING LIST (VEGETARIAN) - WEEK 1

Vegetables, Roots and Herbs	
320 g (1/4 large head)	Cauliflower
1 kg (4 small heads)	Broccoli
8 tsp	Basil
3/4 tsp	Oregano leaves
1/2 pc	Medium red capsicum
2 pcs	Small carrots
3 cups (4-5 medium)	Tomato
2 stalks	Spring onion
4 pcs	Garlic clove
1 medium	Beetroot
7-8 pcs	Small red onions
180 g	Edamame
2 pcs medium	Cucumber
1+1 + 60 g	Zucchini
200 g (1 big bunch)	Broccolini
200 g (1 bunch)	Kale
700g (2-3 cans)	Canned chickpeas
60 g	Canned lentils
700 g (1-1/2 medium)	Eggplant
130 g (approx. 1/2 bunch)	Spinach
2 pcs	Turnip
1 tsp	Dried dill
2 tsp	Ginger
75 g	Button mushrooms
Fruits and Fruit Juices	
225 g	Blueberries
6 pcs	Strawberries
50 g	Dates
5 tbsp (2 medium lemons)	Lemon juice
1/2 pc	Medium lemon
6 2/3 to 7 pcs	Bananas
Dairy, Milk and Cheese	
640 g	Non-fat plain yoghurt
7 cups (1.7 L)	Almond milk
1 cup	Low fat plain yoghurt
36 g	Parmesan cheese
4 tbsp	50% reduced fat cheese
80 g	Ricotta
465 g	Low fat cottage cheese
515 g (4.1 cups)	0% fat Greek yoghurt



FOOD & MOOD

COACHING

Grains, Bread, Noodles and Wraps	
16 g	Amaranth
16 g	Quinoa
66 g	Breadcrumbs
3 pcs	Thin slice wholemeal bread
2 pcs	Wholemeal sourdough bread/GF bread
2 pcs	Small round wholemeal pita
100 g	Basmati rice
60 g	Brown rice
Proteins, Meat, Fish and Poultry	
15	Egg whites
5	Large eggs
55 g	Firm tofu
Nuts, Seeds and Spices	
1 ½ tsp	Ground cinnamon
½ tsp	Nutmeg
20 g	Hazelnuts
45 g	Mixed seeds
80 g	Cashews
1 tbsp	Sesame seeds
6 g	Pumpkin seeds
1 tsp	Cumin
2 tsp	Wholegrain mustard
2 tsp	Garam masala
½ tsp	Turmeric
Others	
3 tsp	Honey
6 g	Vanilla beans
½ tbsp	Almond butter
1 tbsp	Tamari sauce
5 ½ tbsp	Olive oil
5 tbsp	Hummus
2 cups	Vegetable stock

