

FOOD & MOOD

COACHING

SHOPPING LIST (VEGETARIAN) - WEEK 3

Vegetables, Roots and Herbs	
26 g	Mint
8 pcs	Celery Stalks
18 pcs	Cherry tomatoes
2 cups	Kale
12 pcs	Baby Carrots
9 pcs	Baby Beetroots
3 pcs	Red onion
40 g	Brown Onion
165 g	Kale
325 g (2-3 pcs medium)	Red capsicum
3-4 pcs	Garlic clove
130g (1 can)	Chickpeas
50 g	Spinach
480g (1 medium)	Eggplant
3 stalks	Spring onion
40 g	Sundried Tomatoes
900g (9 pcs)	Tomato
½ cup	Baby Spinach
2 small pcs	Zucchini
4 g	Basil
40 g	Coleslaw mix
340 g (approx. 2 cans)	Canned lentils
70 g	Asparagus
25 g	Parsley
100 g	Rocket
75g	Broccoli
Fruits and Fruit Juices	
2-3 pcs	Avocado
2 pcs	Banana
5 pcs	Orange
1 ½ cup	Pineapple
2 ½ cup	Mixed berries
3 tbsp	Desiccated coconut
40 ml (1 lemon)	Lemon juice
3 g	Lemon Zest
1 pc	Lemon
1 ½ tbsp	Goji berries
70g	Yellow peach
6 pcs	Strawberries
60 g	Blueberries



FOOD & MOOD

COACHING

Dairy, Milk and Cheese	
440 ml	Low fat milk
375 g	Natural yoghurt
40 g	Greek yoghurt
300 g	Non-fat yoghurt
1 ½ cup	Almond milk
160 g	Low fat cottage cheese
100 g	Reduced fat feta
180 g	Low fat ricotta
160 g	50% reduced fat cheese
Grains, Bread, Noodles and Wraps	
100 g	Barley
175 g	Brown rice
170 g	Quinoa
120g	Red quinoa
66 g	Wholemeal Penne
Proteins, Meat, Fish and Poultry	
10	Egg whites
2	Eggs
280 g	Silken tofu
Nuts, Seeds and Spices	
4 tsp	Ginger
1 tsp	Cinnamon
100 g (approx. 80-90pcs)	Almonds
1 tbsp	Pine nuts
30 g	Black Chia seeds
1 ½ tsp	Dried oregano
Others	
1 ½ tbsp	Rice malt syrup
3 ½ - 4 tbsp	Extra Virgin Olive oil
4 ½ tsp	Honey
2 tbsp	Cacao powder
30 g	Almond butter
5 g	Vanilla beans
2 ½ (sprays)	Olive spray
¾ tbsp	White wine vinegar
2 ½ tbsp	Balsamic vinegar
½ tbsp	Balsamic Vinaigrette
125 ml	Passata
½ cup	Vegetable stock
1 tbsp	1 tbsp hummus

