

FOOD & MOOD

Phase 1 Shopping lists Vegetarian (February – April 2022)

Food & Mood Week 3 Vegetarian Shopping List

Veggies, Roots and Herbs	
6 ½ cups (7 medium)	Tomatoes
5 cups	Baby spinach
4	Garlic cloves
1 1/8 cup	Basil
1 cup (1 medium)	Carrot
5 ½ cups (6)	Beetroots
1 ½ cups (2 small)	Parsnips
1 ½ cups (2 medium)	Turnips
3 cups (4 medium)	Sweet potato
4 cups	Kale
2 ½ cups	Cherry tomatoes
3 cups	Lentils
3 cups	Rocket
¼ cup	Coleslaw mix
1 ½	Red capsicum
¾ cup	Spring onion
2	Kalamata olives
1 cup	Green beans
1 cup	Pumpkin
1 cup (10 spears)	Asparagus
2 ½	Zucchini
2/3 cup	Frozen peas
1 cup	Button mushrooms
1 cup (1/3 medium)	Eggplant
3 ½ cups	Cannellini beans
1 tbsp	Parsley
Fruits and Fruit Juices	
4	Bananas
3 cups	Frozen mixed berries
2/3 cup	Mango
¼ cup	Coconut meat
4 tbsp	Sultanas
2 ½ cups	Blueberries
3 ¼ cups	Strawberries
¾ cup	Raspberries
4	Kiwifruits
1 ½	Lemon
3 tbsp	Avocado
Milk and dairy products	
1 cup	Almond milk
1 2/3 cup	Low-fat/Non-fat milk
1 ½ cup	Reduced fat feta
7 tbsp	Low fat cottage cheese
2 tbsp	Reduced fat mozzarella

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Grains, Bread, Noodles and Wraps	
6 tbsp	Rolled or gluten free oats
2 slices	Wholegrain or gluten free bread
¾ cup	Quinoa
½ cup	Couscous*
1 ½	Wholemeal or gluten free pita wrap
2/3 cup	Lasagne sheets
<i>* Gluten free option: use quinoa or brown rice</i>	
Proteins (Meat, Poultry, Fish, seafood, tofu, etc.)	
2 cups (500g)	Soft tofu
2/3 cup (170g)	Firm tofu
6	Eggs
Nuts, Seeds and Spices	
1/3 cup	Almonds
2 tsp	Italian herbs mix
1 tsp	Turmeric
1 tsp	Cinnamon
½ cup	Mixed seeds
1 cup	Hazelnuts
2 tbsp	Walnuts*
<i>* Option to use hazelnuts or almonds for Mango Berry bliss snack recipe</i>	
Others	
5 ½ tbsp	Olive oil
	Olive oil spray
3 tsp	Honey
¼ cup	Tamari sauce
4 tbsp	Nutritional yeast flakes
4 tsp	Vanilla bean pods
1 tsp	Vanilla extract
1 tbsp	White wine vinegar