

# FOOD & MOOD

## COACHING

### SHOPPING LIST (STANDARD)

#### PHASE 2 WEEK 8

Week 8 - Veggies, Roots and Herbs		
1 ½ cups		Red onion
¼ cup		Spring onion
6		Cherry tomatoes
3		Red capsicums
¾ cup		Basil
4		Zucchini
3		Garlic cloves
½ cup		Basil
2/3 cup		Beetroot
2 ½ cups		Baby spinach
5 tsp		Ginger
2 ½ cups		Bok choy
1 ½ cups		Broccolini
1 ½ cup		Lebanese cucumber
2 cups		Watercress
4 cups		Fresh dill
2 small		Fennel bulbs
1 cup		Broccoli
¼ cup		Carrot
1 medium		Parsnip
2 cups		New potatoes
1 bottle		Kimchi



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



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Week 8 - Proteins (Meat, Poultry, Fish, seafood, tofu, etc.)	
4	Eggs
1 cup	Firm tofu
1 1/3 cup	Canned tuna
2/3 cup	Salmon
1/2 cup	Smoked salmon
2 1/4 cups	Chicken breast
1 cup	Lentils
1 1/4 cup (200g)	Beef sirloin
Week 8 - Nuts, Seeds and Spices	
1 2/3 cups	Almonds
3 tbsp	Pine nuts
3 tbsp	Macadamia
1 cup	Chia seeds
1 1/2 tsp	Mixed spice
1 tsp	Oregano
2 tsp	Wholegrain mustard
1/4 tsp	Red chilli flakes
1 tsp	Cinnamon
Week 8 - Others	
7 1/2 tbsp	Olive oil
	Olive oil spray
3 tbsp	Almond butter
4 cups	Green tea
2/3 cup	Manuka honey
4 1/2 tbsp	Tamari sauce, reduced salt
9 tbsp	Balsamic vinaigrette
2 tsp	Sherry vinegar
2 tsp	Red wine vinegar
2 tbsp	Balsamic vinaigrette
4 tbsp	Basil pesto
1/8 cup	Chicken broth
3 bottles	Kombuchas

