

FOOD & MOOD

COACHING

SHOPPING LIST (STANDARD) - WEEK 1

Vegetables, Roots and Herbs	
320 g (1/4 large head)	Cauliflower
620g (3 small heads)	Broccoli
3 tsp	Basil
2 tsp	Oregano leaves
1 pc	Medium red capsicum
Ve	Small carrots
1 pc	Medium cucumber
7-8 pcs	Small tomato
1 ½ cup (1 15 oz can)	Canned four bean mix
3	Spring onion
4-5	Garlic clove
1 ½ tbsp	Parsley
25 g	Coleslaw mix
4 tbsp	Chives
2 slices (1 small)	Beetroot
2 tsp	Lemongrass
60 g	Watercress
2 to 3 pcs	Small red onions
120 g	Edamame
200 g (1-½ medium)	Sweet potato
1 to 1-½ pc	Cucumber
2 handfuls	Kalamata olives
1 pc	Zucchini
200 g (1 big bunch)	Broccolini
200 g (1 bunch)	Kale
1/2 cup	Canned chickpeas
2 pcs	Cherry tomatoes
50 g	Green beans
5 g	Coriander
50g	Cos lettuce
50g (1/4 to 1/2 small pc)	Lebanese cucumber
Fruits and Fruit Juices	
225 g	Blueberries
6 pcs	Strawberries
75 g	Dates
¾ pc	Avocado
5 tbsp (2 medium lemons)	Lemon juice
½ pc	Medium lemon
1 pc	Lime
6 2/3 to 7 pcs	Bananas
Dairy, Milk and Cheese	
640 g	Non-fat plain yoghurt
7 ½ cups (1.8 L)	Almond milk
¾ cup	Low fat plain yoghurt
48 g	Parmesan cheese



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150 g	50% reduced fat cheese
1 ½ tbsp	Ricotta
310 g	Low fat cottage cheese
60 g	Reduced fat feta cheese
10g	Reduced fat mozzarella
2 cups	0% fat Greek yoghurt
Grains, Bread, Noodles and Wraps	
16g	Amaranth
56g	Quinoa
105.5 g	Breadcrumbs
1 slice	Rye mountain bread
1 packet	Dry 100% buckwheat soba noodles
2 thin slices	Wholemeal bread
2 slices	Wholemeal sourdough bread/Gluten Free bread
1 pc	Multigrain wrap
Meat, Fish and Poultry	
16 ½	Egg whites
7	Large eggs
60 g	Salmon
180 g	Chicken breast
95g	Chicken breast fillet
65g	Chicken mince
Nuts, Seeds and Spices	
1 tsp	Ground cinnamon
½ tsp	Nutmeg
20 g	Hazelnuts
45g	Mixed seeds
60 g	Cashews
24 g	Peanuts
1 tbsp	Sesame seeds
6 g	Pumpkin seeds
10g	Chia seeds
½ tsp	Smoked paprika
½ tsp	Cumin
1 tbsp	Sweet chilli
1 ½ tsp	Chilli flakes
Others	
3 tsp	Honey
6 g	Vanilla beans
1/2 tbsp	Almond Butter
1 tbsp	Miso Paste
2 tbsp	Tamari sauce
3 ½ to 4 tbsp	Olive oil
1 tsp	Cajun seasoning
8g	Gluten Free flour
1/2	Olive spray
1 tbsp	Hummus

