

# FOOD & MOOD

## COACHING

### SHOPPING LIST (VEGETARIAN)

#### PHASE 2 WEEK 10

Week 10 - Veggies, Roots and Herbs	
¾ cup	Mint
2	Red capsicums
4 cups	Baby spinach *
1 cup	Mushrooms
5 cups	Kale *
3 2/3 cup	Cucumber
1 cup	Lebanese cucumber
5 cups	Red onion
9	Garlic cloves
2 cups	Coriander
2 ½ cups	Tomatoes
1 cup	Canned chopped tomatoes
1 cup	Potatoes
2/3 cup	Spring onion
5 tbsp	Parsley
1/2 cup	Basil
2 stalks	Celery
1 ½ cup	Red kidney beans
2/3 cup	Pumpkin
1 cup	Sweet potato
1 cup	Cannellini beans
2 cups	Broccoli *
1 cup	Asparagus
4 cups	Rocket *
2 cups	Dill
8	Baby carrots
6	Baby beetroots

\* Note: You can add more of these vegetables to serve as sides for the meals



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Week 10 - Fruits and Fruit Juices	
¾ cup	Blueberries
2 cups	Mixed berries
4 cups	Strawberries
2	Oranges
1	Lemon
2 ½	Avocados
3	Bananas
3	Pink lady or fuji apple
Week 10 - Milk and dairy products	
2 cups	Non-fat yoghurt
2 cups	Reduced fat ricotta
4 1/3 cups	Low fat or almond milk
2/3 cup	Low fat feta
Week 10 - Grains, Bread, Noodles and Wraps	
1 ½ cup	Quinoa
1 cup	Wholemeal or gluten free pasta
½ cup	Pulse pasta
Week 10 - Proteins (Meat, Poultry, Fish, seafood, tofu, etc.)	
2	Eggs
10	Egg whites
1 cup	Lentils
3 1/3 cups	Silken tofu
3 ½ cups	Chickpeas



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Week 10 - Nuts, Seeds and Spices	
12	Walnuts
1 tsp	Cinnamon
10 tbsp	Chia seeds
2 tsp	Cumin seed
2 ½ tsp	Smoked paprika
1 tsp	Mixed herbs
5 tsp	Chilli flakes
1 tsp	Oregano (optional)
Week 10 - Others	
7 tbsp	Olive oil
	Olive oil spray
5 tbsp	Honey
6 tsp	Maple syrup
½ or 1/3 tbsp	Vanilla bean or vanilla extract
2 tbsp	Protein powder
4 ½ tbsp	Almond butter
3 tbsp	Balsamic or red wine vinegar
½ tbsp	White wine vinegar
6 tbsp	Chickpea flour
1 ½ cup	Vegetable stock

