

# FOOD & MOOD

Phase 1 Shopping lists Standard (February – April 2022)

## Food & Mood Week 6 Standard Shopping List

Veggies, Roots and Herbs	
1 1/3 cup	Lentils
2	Carrots
1/3	Red capsicum
3 cups	Button mushrooms
¾ cup	Spring onion
4	Onions
1	Zucchini
5 ½	Garlic cloves
1 tbsp	Coriander
2 ½ cups (3 medium)	Tomato
1 ½ cup	Canned tomatoes
1 ¼ tbsp (1 small)	Ginger
½ cup (1/2 medium)	Sweet potato
1/3 cup (1/4 small head)	Cauliflower
1 cup	Chickpeas
½ cup	Green beans
1 1/3 cup	Baby green beans
1 ½ cup	Broad beans
4 ½ cups	Baby spinach
¾ cup (1 medium)	Cucumber
2 cups (4 medium stalks)	Celery
4 cups	Kale
6 tbsp	Chives
2 cups (4 small)	Baby beetroots
1 ½ cup	Baby potatoes
¼ cup	Snow peas
1 tsp	Dill
Fruits and Fruit Juices	
5 1/3	Avocados
4	Pink lady or fuji apples
4	Bananas
6	Dates
1 ½	Lemons
2 tbsp	Lemon zest
2 tsp	Lemon juice
1/3	Lime
18	Strawberries
3 tbsp	Desiccated coconut
Milk and dairy products	
2 ¾ cups	Low fat cottage cheese
2 cups	Almond milk
3 cups	Non-fat milk
1 ½ cup	Non-fat plain yoghurt
1 1/8 cup	Greek yoghurt
½ cup	Coconut milk, reduced fat
1/3 cup	Feta

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<b>Grains, Bread, Noodles and Wraps</b>	
6	Wholemeal or gluten free bread
10 ½ tbsp	Quinoa
1 ½ cup	Rolled oats
½ cup	Brown rice
1 ½ tbsp	Wild rice
4 slices	Pumpernickel bread
<b>Proteins (Meat, Poultry, Fish, seafood, tofu, etc.)</b>	
4	Egg whites
½ cup (125g)	Firm tofu
1/3 cup (85g)	Soft tofu
1 cup (130g)	Chicken breast
2 (150g each)	Skinless and boneless salmon
1 cup (225g)	Beef eye fillet
2 (90g each)	Salmon
<b>Nuts, Seeds and Spices</b>	
¾ cup	Chia seeds
½ cup	Hazelnuts
1 tsp	Cinnamon
1 ½	Red chilli
½ tsp	Chilli flakes
2 tbsp	Peanuts
3 tsp	Hazelnuts
½ tsp	Cumin
1 ½ tsp	Oregano
1 ½ tbsp	Rosemary
2 tsp	Wholegrain mustard
1 tsp	Fennel seeds
½ tsp	Paprika
<b>Others</b>	
10 tbsp	Olive oil
	Olive oil spray
6 ½ tbsp	Almond butter
3 tsp	Peanut butter
2 tsp	Stevia
3 tsp	Protein powder
1 ½ tbsp	Honey
3 tsp	Cacao powder
1 ½ or 1 tsp	Vanilla bean pod or vanilla extract
5 tbsp	Tamari sauce
5 tbsp	Balsamic or red wine vinegar
2 tsp	White wine vinegar
1 tsp	Tabasco sauce