

FOOD & MOOD

COACHING

SHOPPING LIST (STANDARD) - WEEK 6

Vegetables, Roots and Herbs	
2 cups	Canned lentils
7 small pcs	Carrots
1 ½ pc	Onion
3 pcs	Garlic cloves
½ pc	Red chilli
2 pcs	Red capsicum
11 pcs	Tomatoes
2 cups (2 cans)	Chickpeas
160 g	Celery
200 g (1 small head)	Cos lettuce
¼ cup	Parsley, flat leaf
740 g	Eggplant
160 g	Mushrooms
5 pcs	Button mushrooms
2 tbsp	Baby capers
½ pc	Cucumber
3 small pcs	Zucchini
20 g	Rocket
360 g	Cabbage wedge
3	Spring onion
30 g	Fresh mint
600 g (2-3 cans)	Canned chickpeas
½ cup	Baby spinach
25 g	Lentils
24 pcs	Cherry tomatoes
4 cups (180-190g)	Romaine lettuce
Fruits and Fruit Juices	
3 ½ pcs	Avocado
1 pc	Lemon
2 ½ tbsp (1/2 lemon)	Lemon juice
2 pcs	Prunes
3 tbsp	Mixed berries
3 tbsp	Coconut meat, dried or desiccated
400 g	Kiwifruit
400 g	Pineapple chunks
2 small pcs	Green apples
150 g	Pomegranate
150 g (1 cup)	Seedless Grapes
Dairy, Milk and Cheese	
1 ½ cup	Almond milk
440 g	Non-fat yoghurt
420 g	Low fat ricotta
40 g	Reduced fat Feta



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1 cup	Low fat cottage cheese
40 g	Mozzarella
½ tbsp	Grated Parmesan
280 g	Greek yoghurt
Grains, Bread, Noodles and Wraps	
2 large pcs	Wholemeal pita or Gluten free wrap
280 g	Dry Freekeh (GF option: Quinoa or brown rice)
Proteins, Meat, Fish and Poultry	
8	Egg whites
2 pcs	Eggs
100 g	Tinned Salmon
460 g	Chicken breast
Nuts, Seeds and Spices	
4 tsp	Cumin
2/3 tsp	Paprika
20 g	Almonds
40 g	Pecans
1 tsp	Dijon mustard
5 tsp	Wholemeal mustard
½ tsp	Oregano leaves
½ tsp	Chilli flakes
6 g	Fresh basil
1 tsp	Dried dill
10 g	Moroccan spices
Others	
75 g	Gluten free Protein Powder
4 g	Vanilla beans
1 ½ (sprays)	Olive spray
7 tbsp	Olive oil
3 tsp	Apple cider vinegar
1 tbsp	White wine vinegar
4 tbsp	Balsamic vinegar
¼ tbsp	Balsamic Vinaigrette
24 g	Coconut flour
2 tsp	Honey
250 g	Gluten free plain tomato pasta sauce
1 ½ tbsp	Tahini

