

# FOOD & MOOD

Phase 1 Shopping lists Vegetarian (February – April 2022)

## Food & Mood Week 4 Vegetarian Shopping List

Veggies, Roots and Herbs	
32	Cherry tomatoes
7 cups	Rocket
1 cup	Cannellini beans
1 ¼ cup	Basil
8 cups	Spinach
1 1/3 cup	Baby spinach
1 cup	Mixed salad
4	Tomatoes
1 cup (1 medium)	Cucumber
1	Red onion
1 ½	Brown onion
10	Kalamata olives
2 cups (1 medium heads)	Cauliflower
4 tsp	Coriander
3	Red capsicums
½	Green capsicum
4 ½ cups	Button mushrooms
3 ½	Zucchini
1 ½ tbsp (1 small)	Shallots
2 ½ cups	Chickpeas
¾ cup	Parsley
5	Garlic cloves
½ cup	Lentils
2/3 cup	French lentils
4	Radishes
1 cup (1/2 small head)	Cauliflower
2	Carrots
4 cups (1 ½)	Eggplant
¼ cup	Four bean mix
Fruits and Fruit Juices	
4	Banana
1 ½	Avocado
1	Lemon
2 tbsp	Lemon juice
12	Dates
1 ½ cup	Pineapple
2 ½ cups	Mixed berries
2 tbsp	Desiccated coconut
Milk and dairy products	
3 1/8 cups	Non-fat plain yoghurt
2 ¼ cup	Greek yoghurt
3 cups	Almond milk
1 ½ cup	Skim milk
1 ½ cup	Reduced fat feta
1 cup	Low fat cottage cheese

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<b>Grains, Bread, Noodles and Wraps</b>	
½ cup	Amaranth
1 cup	Quinoa
1 ¼ cups	Rolled oats
4 slices	Grainy or gluten free bread
6 tbsp	Brown rice
<b>Proteins (Meat, Poultry, Fish, seafood, tofu, etc.)</b>	
13	Egg whites
1 cup (250g)	Silken tofu
½ cup (100g)	Firm tofu
<b>Nuts, Seeds and Spices</b>	
1 ¼ tsp	Cinnamon
1 ¼ tsp	Nutmeg
2/3 cup	Hazelnuts
1/3 cup	Mixed seeds
2 ¼ tbsp	Chia seeds
1 tsp	Paprika
½ tsp	Cumin
4 tbsp	Almonds
2 tsp	Mustard
½ tsp	Thyme
½ tsp	Oregano
<b>Others</b>	
3 tbsp	Olive oil
	Olive oil spray
2 tbsp	Honey
¼ tbsp	Coconut flour
6 tbsp	Protein powder
4 tbsp	Psyllium husks
4 tsp	Vanilla beans
4 tbsp	Coconut chips
½ cup	Tzatziki
1 tbsp	Tamari sauce
2 tbsp	Balsamic vinegar
2 tbsp	Tahini