

# FOOD & MOOD

## COACHING

### SHOPPING LIST (VEGETARIAN)

#### PHASE 2 WEEK 9

Week 9 - Veggies, Roots and Herbs	
4	Onions
5 ½	Tomatoes
5 tsp	Ginger
9	Garlic cloves
3	Red capsicums
6 cups	Kale
3 cups	Silver beet
2 cups	Corn kernels
3 ½	Zucchini
½ cup	Rocket *
2	Cucumbers
¼ cup	Parsley
2	Sweet potatoes
2 stalks	Celery
2	Carrots
½ cup	Baby spinach *
2 cups	Eggplant
¼ cup	Basil
2	Tomatoes
½ cup	Whole peeled tomatoes
1 tbsp	Shallots
6 cups	Broccoli *
8	Asparagus spears
2 cups	Mushrooms
1 1/3 cup	Soya beans
2/3 cup	Bean sprouts
4 tsp	Coriander

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



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Week 9 - Fruits and Fruit Juices	
4	Avocados
1 cup	Blueberries
1/3 cup	Raspberries
1 cup	Pineapple
2 cups	Goji berries
3 cups	Coconut water
3	Green apples
3	Lemons
2	Mandarins
1/2	Apple
Week 9 - Milk and dairy products	
1 1/4 cup	Greek or non-fat plain yoghurt
4 cups	Almond milk
1 1/8 cup	Low fat ricotta
Week 9 - Grains, Bread, Noodles and Wraps	
3 slices	Gluten free bread
2/3 cup	Quinoa
1/2 cup	Rolled or gluten free oats
1/2 cup	Brown rice



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Week 9 - Proteins (Meat, Poultry, Fish, seafood, tofu, etc.)	
6	Eggs
4	Egg whites
1 cup	Lentils
2 cups	Tofu
1 cup	Chickpeas
Week 9 - Nuts, Seeds and Spices	
1 cup	Almonds
2 tbsp	Chia seeds
2 tsp	Red chilli
2/3 tsp	Paprika
2/3 tsp	Cumin
2 tbsp	Sesame seeds
4 tsp	Wholegrain mustard
Week 9 - Others	
5 tbsp	Olive oil
	Olive oil spray
3 tbsp	Almond butter
½ cup	85% cocoa dark chocolate
½ cup	Honey/ Manuka honey
½ tsp	Vanilla extract
2 tbsp	Cider vinegar
½ tbsp	Balsamic vinegar
½ tbsp	White wine vinegar
¼ cup	Tamari sauce

