

# FOOD & MOOD

Phase 1 Shopping lists Vegetarian (February – April 2022)

## Food & Mood Week 6 Vegetarian Shopping List

Veggies, Roots and Herbs	
2 cups	Lentils
6	Carrots
1/3	Red capsicum
3 cups	Button mushrooms
6	Field mushrooms
1	Spring onion
3 1/3	Onions
1	Zucchini
3	Garlic cloves
1 tbsp	Coriander
1 ½ cup (2 medium)	Tomato
2/3 cup (1 medium)	Roma tomatoes
1 cup	Pitted olives
1 tbsp (1 small)	Ginger
½ cup (1/2)	Sweet potato
1 1/3 cup (1/2 small head)	Cauliflower
2 cups	Chickpeas
½ cup	Green beans
4 ½ cups	Baby spinach
2 cups	Spinach
½ cup (1/2 medium)	Cucumber
½ cup	Parsley
4 tsp	Capers
4 cups	Rocket
½ cup	Baby corn
5 cups (2 ½ medium heads)	Broccoli
1 ½ cup (1 small head)	Bok choy
1 cup	Mixed salad
4	Radishes
Fruits and Fruit Juices	
5	Avocados
4	Pink lady or fuji apples
4	Bananas
6	Dates
½	Lemon
1/3	Lime
18	Strawberries
3 tbsp	Desiccated coconut
Milk and dairy products	
2 ¼ cups	Low fat cottage cheese
2 cups	Almond milk
3 cups	Non-fat milk
1 ½ cup	Non-fat plain yoghurt
½ cup	Coconut milk, reduced fat
¼ cup	Feta
1 cup	Light evaporated milk

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½ cup	Reduced fat cheese
½ cup	Ricotta
<b>Grains, Bread, Noodles and Wraps</b>	
6	Wholemeal or gluten free bread
5 tbsp	Quinoa
1 ½ cup	Rolled oats
½ cup	Brown rice
1 ½ tbsp	Wild rice
<b>Proteins (Meat, Poultry, Fish, seafood, tofu, etc.)</b>	
4	Egg whites
½ cup (125g)	Firm tofu
1/3 cup (85g)	Soft tofu
<b>Nuts, Seeds and Spices</b>	
¾ cup	Chia seeds
½ cup	Hazelnuts
1 tsp	Cinnamon
1	Red chilli
2 tbsp	Peanuts
3 tsp	Hazelnuts
¼ cup	Almonds
½ tsp	Cumin
1 tsp	Oregano
<b>Others</b>	
½ cup	Olive oil
	Olive oil spray
6 ½ tbsp	Almond butter
3 tsp	Peanut butter
2 tsp	Stevia
3 tsp	Protein powder
4 tsp	Honey
3 tsp	Cacao powder
1 ½ or 1 tsp	Vanilla bean pod or vanilla extract
1 tbsp	Tamari sauce
2 tbsp	Balsamic or red wine vinegar
2 tbsp	Green curry paste
2 tbsp	Tahini