

# FOOD & MOOD

## COACHING

### SHOPPING LIST (VEGETARIAN) - WEEK 4

Vegetables, Roots and Herbs	
270g (3-4 pcs)	Beetroot
3 pcs	Tomato
1.2 kg (3-4 cans)	Chickpeas
20 g	Mint leaves
2 cups (60g)	Baby Spinach
80 g	Sundried tomatoes
6 ½-7 small pcs	Carrots
35 g	Coriander
2 ½ g (2 tbsp)	Parsley
2 ½ g (2 tbsp)	Basil
4-5 medium pcs	Brown Onion
12 pcs	Garlic clove
¾ pc Medium, 2 small pc	Zucchini
240 g (2 medium)	Red capsicum
2 pcs	Celery stalks
800 g (2 cans)	Canned tomato
490 g	Brown lentils
8 leaves	Silver beet
12 pcs	Cherry tomatoes
340 g	Cauliflower
240 g	Mushrooms
1 ½ cup	Snow peas
½ pc	Red chilli
30 g	Spring onion
140 g	Asparagus
1 cup	Green beans
Fruits and Fruit Juices	
280 g	Blueberries
4 pcs	Medium Kiwifruit
3 pcs	Small apple
2 pcs	Avocado
36 g	Coconut meat
2 pc	Banana
300 g	Strawberries
100 g	Orange
1 tbsp	Sultanas
4 tbsp (1 lemon)	Lemon juice
Dairy, Milk and Cheese	
640 g	Non-fat yoghurt
5 cups (1.2 L)	Unsweetened Almond milk
390 ml	Non-fat milk
400 ml	Low fat milk
120 g	Reduced fat ricotta



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8 tbsp	<b>Coconut milk</b>
9 tbsp	<b>Low fat cottage cheese</b>
100g	<b>Reduced feta</b>
1 1/2 cup	<b>Greek yoghurt</b>
<b>Grains, Bread, Noodles and Wraps</b>	
170 g	<b>Quinoa</b>
2 slices	<b>Pumpernickel bread</b>
300 g	<b>Gluten free Spaghetti/ Pasta</b>
80 g	<b>Brown rice</b>
100g	<b>Rice vermicelli noodles</b>
6 pcs	<b>Rice paper sheets</b>
100 g	<b>Freekeh</b>
<b>Proteins, Meat, Fish and Poultry</b>	
15	<b>Egg whites</b>
300g	<b>Silken tofu</b>
<b>Nuts, Seeds and Spices</b>	
10 g	<b>Chia seeds</b>
1/2 tsp	<b>Cinnamon</b>
1 tbsp	<b>Pecans</b>
1 tsp	<b>Mixed spice</b>
1 tsp	<b>Nutmeg</b>
1/2 tsp	<b>Fennel seeds</b>
1/2 tsp	<b>Dijon mustard</b>
3/4 tsp	<b>Oregano leaves</b>
3/4 tsp	<b>Dried thyme</b>
3 tbsp	<b>Cumin</b>
1 tsp	<b>Smoked paprika</b>
<b>Others</b>	
2 1/2 tbsp	<b>100% Almond butter</b>
80 g	<b>Pea protein Powder</b>
4 tsp	<b>Cocoa Powder</b>
3/4 tsp	<b>Vanilla extract</b>
2 tsp	<b>Peanut butter</b>
9 tbsp	<b>Extra virgin olive oil</b>
1/2 tbsp	<b>Balsamic vinaigrette</b>
5 ml	<b>Red wine vinegar</b>
175 g (12 tbsp)	<b>Tomato paste</b>
2 tbsp	<b>Harissa paste</b>
4 tbsp	<b>Apple cider vinegar</b>
4 tbsp	<b>Za'atar</b>
3 cups	<b>Vegetable stock</b>
2 tbsp	<b>Tamari sauce</b>
1 tsp	<b>Honey</b>

