

FOOD & MOOD

COACHING

SHOPPING LIST (VEGETARIAN) - WEEK 5

Vegetables, Roots and Herbs	
10 pcs	Cherry tomatoes
400 g (1 big bunch)	Rocket
2 cans	Canned Cannellini beans
4 g (2 tbsp)	Fresh basil
4 cups (270g)	Kale
½ cup	Mixed salad
1 cup	Baby Spinach
5 small pcs	Carrot
4 small pcs	Cucumber
200 g	Roma tomato
2 large pcs	Tomato
140 g	Pitted olives in oil
4-5 small pcs	Red onion
2 ½ pcs	Garlic cloves
¾ cup	Parsley, flat leaf
20 g	Capers
310 g (1-2 cans)	Canned chickpeas
100 g	Silver beet
140 g	Leek
200 g (1 small head)	Broccoli
1 cup	Lebanese cucumber
2 small pcs, ½ medium	Zucchini
30 g	Fresh mint
625 g (5 cups)	Field mushroom
8 pcs	Asparagus
1 pc	Red capsicum
125 g	Lentils
80 g	Frozen green peas
8 g	Long red chilli (optional)
1 tbsp	Chives
Fruits and Fruit Juices	
1 pc	Avocado
2 pcs	Lemon
2 tbsp (1/2 lemon)	Lemon juice
2 tsp	Lemon zest
105 g	Raspberries, fresh or frozen
½ cup	Canned pineapple
150 g	Blueberries
180 g	Dried apples
25 g	Dates
16 g	Sultanas
Dairy, Milk and Cheese	
3 cups	Unsweetened almond milk
800 g	Low fat ricotta



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460 g	Non-fat yoghurt
40 g	Greek yoghurt
30 g	Reduced fat feta
100 g	50% reduced fat grated cheese
Grains, Bread, Noodles and Wraps	
50 g	Quinoa
½ cup	Wholemeal plain flour or Gluten free flour
½ pc	Wholemeal pita or Gluten free wrap
Proteins, Meat, Fish and Poultry	
16	Egg whites
12 pcs	Eggs
240 g	Silken tofu
Nuts, Seeds and Spices	
2 ½ tbsp	Walnuts
80 g	Almonds, unsalted
30 g	Pine nuts, unsalted
30 g	Macadamia, unsalted
1 tsp	Cinnamon
1 tsp	Nutmeg
90 g	Mixed seeds
¾ tsp	Dried basil
½ tsp	Dried thyme
1 tbsp	Sunflower seeds
1 tsp	Wholegrain mustard
Others	
2 tsp	Peanut butter
12 g	Protein powder
8 tbsp	Hummus
12 ½ tbsp (175 ml)	Extra virgin olive oil
3 tbsp	Balsamic vinegar
1 tbsp	Balsamic vinaigrette
2 tsp	Honey
2 tsp	Harissa

