

FOOD & MOOD

Phase 1 Shopping lists Vegetarian (February – April 2022)

Food & Mood Week 5 Vegetarian Shopping List

| Veggies, Roots and Herbs | |
|----------------------------|-------------------------|
| 2 cups | Chickpeas |
| 1 cup | Baby spinach |
| 3 cups | Spinach |
| 3 | Red capsicums |
| 9 | Garlic cloves |
| 10 | Cherry tomatoes |
| 3 cups (4 medium) | Tomatoes |
| 1 1/3 cup | Sundried tomatoes |
| 2 cups | Rocket |
| 2/3 cup | Cannellini beans |
| ¼ cup | Basil |
| 5 | Red onions |
| 3 | Spring onions |
| 5 cups | Kale |
| 3 cups (1 head) | Romaine lettuce |
| ¾ cups | Black or green olives |
| 4 cups (4 medium) | Cucumbers |
| 2 ¾ cups | Lentils |
| 1 ½ cup (3) | Carrots |
| 1 ¼ cup (3 medium) | Celery stalks |
| 2 cups | Mushrooms |
| 2 | Zucchini |
| 1 tbsp | Parsley |
| 2 ¼ cups (1/2 medium head) | Cabbage |
| 9 | Radishes |
| ½ cup | Dill |
| 2 cups | Artichoke hearts |
| 2 tbsp | Chives |
| 1 1/3 cup | Frozen peas and corn |
| 2 tsp (1 small) | Ginger |
| 1 cup (1/2 small head) | Broccoli |
| Fruits and Fruit Juices | |
| 2 1/3 | Avocados |
| 2 | Apples |
| ½ | Lemon |
| 2 tbsp | Lemon juice |
| 8 | Dates |
| ¼ cup | Raspberries |
| 6 cups | Blueberries |
| ¾ cup | Strawberries |
| 2 ¾ cups | Pineapple |
| Milk and dairy products | |
| 3 cups | Unsweetened almond milk |
| 10 ½ tbsp | Low fat ricotta |
| 1 1/3 cup | Low fat milk |
| 2 ½ cups | Greek yoghurt |

FOOD & MOOD

Phase 1 Shopping lists Vegetarian (February – April 2022)

| | |
|--|---------------------------------|
| 1 cup | Reduced fat cheese |
| | |
| | |
| Grains, Bread, Noodles and Wraps | |
| 1 cup | Quinoa |
| 3 slices | Wholegrain or gluten free bread |
| | |
| Proteins (Meat, Poultry, Fish, seafood, tofu, etc.) | |
| 17 | Eggs |
| 1 cup (250g) | Firm tofu |
| Nuts, Seeds and Spices | |
| 8 | Almonds |
| 14 | Walnuts |
| 10 tbsp | Chia seeds |
| 2 tbsp | Thyme |
| 2 tbsp | Dried oregano |
| 1 tbsp | Seeded mustard |
| 2 tsp | Sesame seeds |
| | |
| Others | |
| ¾ cup | Olive oil |
| | Olive oil spray |
| 2 tbsp | Cacao powder |
| 5 tbsp | Protein powder |
| 1 tsp | Vanilla extract |
| 3 tsp | Peanut butter |
| 1 ½ tsp | Balsamic vinegar |
| 3 cups | Vegetable stock |
| ¼ cup | Tomato paste |
| 1 tbsp | Tamari sauce |