

FOOD & MOOD

COACHING

SHOPPING LIST (STANDARD)

PHASE 2 WEEK 10

Week 10 - Veggies, Roots and Herbs	
6 tsp	Mint
2	Red capsicums
2 cups	Baby spinach *
1 cup	Mushrooms
3 cups	Kale
12	Asparagus spears
1 can (125g)	Four bean mix
2 tbsp	Basil
5	Cucumbers
3 ½ cups	Red onion
8	Garlic cloves
2 cups	Coriander
4	Sweet potatoes
2 stalks	Celery
3 cups	Carrot
2/3 cup	Broccoli *
2 2/3 cups	Cos lettuce
2/3 cup	Frozen peas
1 cup	Snow peas
3 cups	Rocket *
½ cup	Tomato
1 cup	Tinned tomatoes
2	Zucchini
2 cups	Cauliflower *
2 cups	Pumpkin
1 cup	Red cabbage

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



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Week 10 - Fruits and Fruit Juices	
¾ cup	Blueberries
2 cups	Mixed berries
4 cups	Strawberries
1 ½	Oranges
2 ½	Lemons
3 ½	Avocados
3	Bananas
3 ½	Pink lady or fuji apples
½	Lime
Week 10 - Milk and dairy products	
1 ½ cup	Non-fat yoghurt
1 cup	Reduced fat ricotta
1/2 cup	50% reduced fat cheese
4 1/3 cups	Low fat or almond milk
4 ½ tbsp	Low fat feta
Week 10 - Grains, Bread, Noodles and Wraps	
5	Wholemeal or gluten free pita
2/3 cup	Quinoa
Week 10 - Proteins (Meat, Poultry, Fish, seafood, tofu, etc.)	
10	Egg whites
1 cup	Lentils
3 ½ cups	Silken tofu
3 cups	Chickpeas
2 cans	Tuna
3 cups	Chicken breast
1	Salmon fillet
1 cup	Lean beef mince



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Week 10 - Nuts, Seeds and Spices	
12	Walnuts
1 tsp	Cinnamon
10 tbsp	Chia seeds
1 tsp	Cumin seed
3 tsp	Wholegrain mustard
1 tsp	Mixed herbs
½ tsp	Red chilli flakes
½ tsp	Italian seasoning (optional)
Week 10 - Others	
5 ½ tbsp	Olive oil
	Olive oil spray
1/3 cup	Honey
6 tsp	Maple syrup
½ or 1/3 tbsp	Vanilla bean or vanilla extract
2 tbsp	Protein powder
4 ½ tbsp	Almond butter
2 tbsp	Balsamic vinegar
½ tbsp	White wine vinegar
6 tbsp	Chickpea flour
1 ½ cup	Vegetable stock

