

FOOD & MOOD

Phase 1 Shopping lists Standard (February – April 2022)

Food & Mood Week 4 Standard Shopping List

Veggies, Roots and Herbs	
12	Cherry tomatoes
1	Tomato
3	Roma tomatoes
7 cups	Rocket
1 cup	Cannellini beans
2 cups	Fresh Basil
2 cups	Spinach
1 cup	Mixed salad
1 cup (1 medium)	Cucumber
4	Red onions
10	Kalamata olives
2 cups (1 medium head)	Cauliflower
4 tsp	Coriander
1 ½	Red capsicums
1 ½	Green (or yellow) capsicums
½ cup	Button mushrooms
2/3	Zucchini
1 ½ tbsp (1 small)	Shallots
3 cups (6)	Carrots
3 cups	Chickpeas
2 cups (2 medium)	Lebanese cucumbers
4	Spring onions
2 tbsp	Parsley
1 cup	Bok choy
2	Garlic cloves
1 ½ cup (1 ½ medium)	Potatoes
1 ½ cup	Baby potato
1 ¾ cup (2 ½)	Beetroots
1 1/3 cup	Baby green beans
¼ cup	Snow peas
3 cups	Watercress
Fruits and Fruit Juices	
4	Bananas
1 ¼	Avocado
1	Lemon
3 tbsp	Lemon juice
12	Dates
1 ½ cup	Pineapple
2 ½ cups	Mixed berries
½ cup	Mango
2 tbsp	Desiccated coconut
Milk and dairy products	
3 1/8 cups	Non-fat plain yoghurt
2 ½ cups	Greek yoghurt
3 cups	Almond milk
1 ½ cup	Skim milk

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2/3 cup	Reduced fat feta
1 cup	Low fat cottage cheese
Grains, Bread, Noodles and Wraps	
5 tbsp	Amaranth
5 tbsp	Quinoa
1 ¼ cups	Rolled oats
4 slices	Grainy or gluten free bread
1 1/3 cup	Brown rice
1 cup	Freekeh
2 cups	Wholegrain couscous
Proteins (Meat, Poultry, Fish, seafood, tofu, etc.)	
13	Egg whites
1 cup (250g)	Silken tofu
¼ cup (50g)	Firm tofu
3 ½ (115g each)	Chicken breasts
2 (90g each)	Skinless salmon
2 (100g each)	Salmon fillet
1 cup (225g)	Beef eye fillet
Nuts, Seeds and Spices	
1 ¼ tsp	Cinnamon
1 ¼ tsp	Nutmeg
3/4 cup	Hazelnuts
5 tbsp	Mixed seeds
2 ¼ tbsp	Chia seeds
1 tsp	Paprika
2 ½ tsp	Cumin
2 tsp	Moroccan spices
½	Red chilli pepper
1 ½ tbsp	Rosemary
2 tsp	Wholegrain mustard
Others	
½ cup	Olive oil
	Olive oil spray
3 tbsp	Honey or maple syrup
¼ tbsp	Coconut flour
6 tbsp	Protein powder
4 tbsp	Psyllium husks
4 tsp	Vanilla beans
4 tbsp	Coconut chips
½ cup	Tzatziki
1 ½ tbsp	Tamari sauce
3 tbsp	Balsamic vinegar