

FOOD & MOOD

COACHING

SHOPPING LIST (VEGETARIAN) - WEEK 6

Vegetables, Roots and Herbs	
2 cups	Canned lentils
3 small pcs	Carrots
1 pc	Onion
7 pcs	Garlic cloves
½ pc	Red chilli
2 pcs	Red capsicum
9 pcs	Tomatoes
2 cups (2 cans)	Chickpeas
110 g	Celery
200 g	Cos lettuce
1/3- ½ cup	Parsley, flat leaf
1.25 kg	Eggplant
160 g	Mushrooms
13-15 pcs	Button Mushrooms
160 g	Portobello mushrooms
360 g	Cabbage wedge
50 g	Spring onion
30 g	Fresh mint
3 small pcs	Zucchini
120 g	Canned chickpeas
2 cups (60g)	Baby Spinach
50 g	Lentils
120 g	Kale
260 g	Canned tomatoes
90-100 g	Mixed lettuce
4 cups (300 g)	Romaine Lettuce
135 g	Broccoli
24 pcs	Cherry tomatoes
Fruits and Fruit Juices	
3 ½ - 4 pcs	Avocado
2 pcs	Lemon
1 ½ tbsp (1/2 lemon)	Lemon juice
2 pcs	Prunes
4 tbsp	Mixed berries
4 tbsp	Coconut meat, dried or desiccated
400 g	Kiwifruit
400 g	Pineapple chunks
2 small pcs	Green apple
150 g	Pomegranate
150 g	Seedless grapes
Dairy, Milk and Cheese	
1 ½ cup	Almond milk
560 g	Non-fat yoghurt
340 g	Low fat ricotta



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80 g	Reduced fat Feta
1 cup	Low fat cottage cheese
40 g	Mozzarella
½ tbsp	Grated parmesan
Grains, Bread, Noodles and Wraps	
120 g	Dry Freekeh (GF free option: Quinoa or brown rice)
90 g	Brown Rice (raw or pre-cooked)
Proteins, Meat, Fish and Poultry	
8	Egg whites
2	Eggs
290 g	Tofu
Nuts, Seeds and Spices	
20 g	Almonds
40 g	Pecans
2 ½ to 3 tsp	Cumin
2/3 tsp	Paprika
1 tsp	Dijon Mustard
3 tsp	Wholegrain mustard
2 ½ tsp	Oregano
½ tsp	Chilli flakes
6 g	Fresh Basil
Others	
80 g	Gluten free Protein Powder
4 g	Vanilla beans
2 (sprays)	Olive spray
8 tbsp (112 ml)	Extra Virgin Olive oil
4 tsp	Apple cider vinegar
5 tbsp	Balsamic vinegar
½ tbsp	Balsamic vinaigrette
2 tsp	Honey
32 g	Coconut flour
250 g	Gluten free plain tomato pasta sauce
1 ½ tbsp	Tahini

