

FOOD & MOOD

COACHING

SHOPPING LIST (VEGETARIAN)

PHASE 2 WEEK 7

Week 7 - Veggies, Roots and Herbs		
30		Cherry tomatoes
2 cups		Rocket
3 cups		Cannellini beans
4 tsp		Basil
2		Sweet potatoes
½ cup		Baby spinach
4 cups		Kale
1 cup		Button mushrooms
1 ½ cup		Broccoli
6		Red onions
2		Tomatoes
½ cup		Canned diced tomatoes
2 tbsp		Ginger
2/3 cup		Cauliflower
2 ½ cup		Cucumber
2 ¼ cups		Cabbage
¼ head		Red cabbage
½ cup		Dill
7 cups		Silverbeet
1 cup		Romaine lettuce
2 ½		Red or yellow capsicums
2 stalks		Celery
2		Garlic cloves
1 cup		Broccoli
½		Carrot
¼ cup		Olives
2 tbsp		Parsley
½		Green chilli



FOOD & MOOD

COACHING

SHOPPING LIST (VEGETARIAN)

PHASE 2 WEEK 7

Week 7 - Fruits and Fruit Juices	
5 ¾ cups	Strawberries
3 ¼ cups	Blueberries
1 ½ cup	Mixed berries
1 ½	Limes
1 ½	Avocados
½	Lemon
3 ½ tbsp	Lemon juice
4	Bananas
1 ½ cups	Pineapple chunks
3	Green apples
2	Red apples
1 ½ cups	Coconut water
3 tbsp	Desiccated coconut
4	Kiwis
2	Mandarins
Week 7 - Milk and Dairy Products	
3 ½ cups	Almond milk
2/3 cup	Reduced fat feta
3 small	Wholemeal or Gluten free pita wrap
1 cup	Coconut milk, reduced fat
½ cup	Greek yoghurt
3 tbsp	Parmesan cheese



FOOD & MOOD

COACHING

SHOPPING LIST (VEGETARIAN)

PHASE 2 WEEK 7

Week 7 - Proteins (Meat, Poultry, Fish, seafood, tofu, etc.)	
10	Eggs
10	Egg whites
2 cups	Chickpeas
¼ cup	Lentils
½ cup	Chickpeas
Week 7 - Nuts, Seeds and Spices	
¾ cup	Chia seeds
1 ½ cups	Hazelnuts
1 tsp	Cinnamon
½ tsp	Red Chilli
1 tsp	Cumin
1 tbsp	Seeded mustard
Week 7 - Others	
4 ½ tbsp	Olive oil
	Olive oil spray
3 tbsp	Honey
2 tsp	Stevia
3 tbsp	Protein powder
½ tbsp	Tomato paste
2 cups	Vegetable stock

