

# FOOD & MOOD

## COACHING

### SHOPPING LIST (STANDARD) - WEEK 4

Vegetables, Roots and Herbs	
465 g (3-5 pcs)	Beetroot
5 pcs	Tomato
415 g (1-2 cans)	Chickpeas
30 g	Mint leaves
3 cups (90-100g)	Baby Spinach
70 g	Spinach
60-70g	Sundried tomatoes
8-10 pcs	Carrots
2 ½ g	Coriander
5-6 tbsp	Parsley
2 ½ g (2 tbsp)	Basil
1 ½ pc	Medium brown onion
½ pc	Red onion
6 pcs	Garlic clove
1 medium or 3 small pcs	Zucchini
2 pcs	Red capsicum
4 stalks	Celery
800g (2 cans)	Canned Tomato
400g	Brown Lentils
1 cup (1-2 pcs)	Sweet potato
60g	Green peas
½ small head	Broccoli
1 pc	Lebanese Cucumber
240 g	Green beans
20-22 pcs	Cherry tomatoes
18 pcs	Asparagus
1 tsp	Dill
2 tsp	Capers
Fruits and Fruit Juices	
290g	Blueberries
5 pcs	Medium Kiwifruit
3 pcs	Small apple
1 large or 2 medium pcs	Avocado
36 g	Coconut meat
2 pcs	Banana
300 g	Strawberries
100 g	Orange
3 tbsp	Sultanas
1 ½ pc	Lemon
2 tbsp (½ pc lemon)	Lemon Juice
1 cup	Mango
Dairy, Milk and Cheese	
800 g	Non-fat yoghurt
4 cups (1 L)	Unsweetened Almond milk
390 ml	Non-fat milk



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400 ml	Low fat milk
120 g	Reduced fat ricotta
8 tbsp	Coconut milk
6 tbsp (85g)	Low-fat cottage cheese
150 g	Reduced Fat Feta
<b>Grains, Bread, Noodles and Wraps</b>	
290 g	Quinoa
2 slices	Pumpernickel bread
300 g	Gluten Free Spaghetti/Pasta
80 g	Brown rice
<b>Proteins, Meat, Fish and Poultry</b>	
13	Egg whites
300g	Silken tofu
290 g	Chicken Breast
80 g	Smoked salmon
150 g	Salmon
100 g	Tofu
<b>Nuts, Seeds and Spices</b>	
10 g	Chia seeds
½ tsp	Cinnamon
1 tbsp	Pecans
1 tsp	Mixed spice
1 tsp	Nutmeg
½ tsp	Fennel seeds
½ tsp	Dijon mustard
2 tsp	Wholegrain mustard
1 ½ tsp	Oregano leaves
1 ½ tsp	Dried thyme
2 tsp	Cumin
2 tsp	Middle East spice blend
<b>Others</b>	
1 ½ tbsp	100% Almond butter
60 g	Pea protein Powder
3 tsp	Cocoa Powder
¾ tsp	Vanilla extract
2 tsp	Peanut butter
7 ½ tbsp	Extra virgin olive oil
½ tbsp	Balsamic vinaigrette
1 ½ tbsp	Red wine vinegar
1 tbsp	Tomato paste
2 tbsp	Sweet chilli
1 ½ tsp	Honey
3 cups	Vegetable stock (salt reduced)
1 tbsp	Hummus

