

FOOD & MOOD

Phase 1 Shopping lists Standard (February – April 2022)

Food & Mood Week 5 Standard Shopping List

Veggies, Roots and Herbs	
2 cups	Chickpeas
1 ½ cup	Baby spinach
3 cups	Spinach
1 ½ cup (1 ½ large)	Red capsicum
1 ½ cup (1 ½ large)	Green capsicum
10	Garlic cloves
40	Cherry tomatoes
3 ½ cups (4 medium)	Tomatoes
1 1/3 cup	Sundried tomatoes
4 cups	Rocket
2/3 cup	Cannellini beans
1/3 cup	Basil
4 cups (2 medium)	Red onion
1 (1/2 medium)	Brown onion
3 cups	Kale
3 cups (1 head)	Romaine lettuce
¾ cups	Black or green olives
2 ½ cups (3 medium)	Cucumber
2 ¼ cups	Lentils
4 ½ cups (8 to 9)	Carrots
2 stalks	Celery
2 cups	Mushrooms
2	Zucchini
1 tbsp	Parsley
1 cup	Green beans
1 ½ cup (1 small head)	Broccoli
1 ½ cup	Snow peas
1	Eggplant
3 tsp (1 small)	Ginger
Fruits and Fruit Juices	
2 ¾	Avocados
½	Lemon
1	Lime
8	Dates
¼ cup	Raspberries
5 2/3 cups	Blueberries
¾ cup	Strawberries
2 ¾ cups	Pineapple
Milk and dairy products	
3 cups	Unsweetened almond milk
10 ½ tbsp	Low fat ricotta
1 1/3 cup	Low fat milk
2 cups	Greek yoghurt
Grains, Bread, Noodles and Wraps	
10 tbsp	Quinoa
½ cup	Brown rice

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3 slices	Wholegrain or gluten free bread
Proteins (Meat, Poultry, Fish, seafood, tofu, etc.)	
15	Eggs
½ cup (125g)	Firm tofu
2 cans	Canned tuna
2 (150g each)	Fresh blue Grenadier
6 tbsp (60g)	Chicken breast
½ cup (115g)	Lean beef mince
Nuts, Seeds and Spices	
8	Almonds
14	Walnuts
2 tbsp	Hazelnuts
10 tbsp	Chia seeds
2 tbsp	Thyme
2 tbsp	Dried oregano
1 tsp	Chilli flakes
Others	
11 tbsp	Olive oil
	Olive oil spray
2 tbsp	Cacao powder
5 tbsp	Protein powder
1 tsp	Vanilla extract
3 tsp	Peanut butter
2 ½ tbsp	Balsamic vinegar
3 cups	Vegetable stock
¼ cup	Beef stock
1/3 cup	Tomato paste
1 ½ tsp	Honey