

FOOD & MOOD

COACHING

SHOPPING LIST (STANDARD) - WEEK 3

Vegetables, Roots and Herbs	
26 g	Mint
8 pcs	Celery Stalks
46 pcs (780g)	Cherry tomatoes
2 cups	Kale
12 pcs	Baby Carrots
9 pcs	Baby Beetroots
1 ½ pc	Red onion
40 g	Brown Onion
165 g	Kale
300 g	Red capsicum
4 pcs	Garlic clove
530g (2 ½ cans)	Chickpeas
50 g	Spinach
120 g	Eggplant
3 medium pcs	Spring onion
40 g	Sundried Tomatoes
3 pcs (150 g)	Tomato
115 g (4 cups)	Baby Spinach
20 g	Baby Rocket
380 g (3 medium pcs)	Sweet potato
100 g	Cucumber
4 small pcs	Carrot
240 g	Lebanese Cucumber
2 cups (255g)	Frozen Edamame
1 small pc	White radish
60 g	Mixed Salad
150 g (½ small head)	Broccoli
30 g	Parsley
Fruits and Fruit Juices	
3 pcs	Avocado
2 pcs	Banana
5 pcs	Orange
1 ½ cup	Pineapple
2 ¼ cup	Mixed berries
3 tbsp	Desiccated coconut
50 ml (1 lemon)	Lemon juice
3g	Lemon Zest
½ pc	Lemon
Dairy, Milk and Cheese	
440 ml	Low fat milk
375 g	Natural yoghurt
120 g	Greek yoghurt
300 g	Non-fat yoghurt



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1 ½ cup	Almond milk
160 g	Low fat cottage cheese
100 g	Reduced fat feta
60g	Low fat ricotta
100 g	50% reduced fat cheese
Grains, Bread, Noodles and Wraps	
100 g	Barley
375 g	Brown rice
170 g	Quinoa
66 g	Wholemeal Penne
Proteins, Meat, Fish and Poultry	
4	Egg whites
2	Eggs
1	Salmon fillet
620 g	Chicken breast
Nuts, Seeds and Spices	
4 tsp	Ginger
1 tsp	Cinnamon
64 pcs (8 tbsp or 60-70g)	Almonds
1 tbsp	Pine nuts
30 g	Black Chia seeds
1 ½ tsp	Dried oregano
1 tsp	Mixed herbs
Others	
1 ½ tbsp	Rice malt syrup
5-6 tbsp	Extra Virgin Olive oil
4 ½ tsp	Honey
2 tbsp	Cacao powder
3 tbsp	Almond butter
5 g	Vanilla beans
2 ½ (sprays)	Olive spray
¾ tbsp	White wine vinegar
2 ½ tbsp	Balsamic vinegar
125 ml	Passata
1/2 cup	Vegetable stock
1 tsp	Gluten free soy sauce/ Tamari
2 tbsp	Hummus

