

# FOOD & MOOD

Phase 1 Shopping lists Standard (February – April 2022)

## Food & Mood Week 1 Standard Shopping List

Veggies, Roots and Herbs	
1 cup	Cherry tomatoes
5 cups	Kale
3 cups (1 medium head)	Cauliflower
4 cups (2 heads)	Broccoli
2/3 cup	Basil
3 cups	Spinach
1 ¼ cup	Baby spinach
½ cup	Fresh mint
7 cups (3 ½)	Carrots
5	Tomatoes
½ cup	Sundried tomatoes
1 ½ cup	Canned diced tomatoes
1 cup (1 1/3)	Beetroot
1	Brown onion
1	Red onion
6	Garlic cloves
3 cups (3 medium)	Zucchini
4	Spring onions
2 tsp	Coriander
4	Asparagus spears
1 ¼ cup	Button mushrooms
1 tsp (1 small)	Ginger
3 cups (6 stalks)	Celery
5 cups (6 ¼)	Sweet potatoes
2 ½ cups (3 medium)	Cucumber
2 handfuls	Kalamata olives
1 1/3 cups	Green beans
Fruits and Fruit Juices	
3	Avocados
½	Apple
12	Strawberries
½ cup	Mixed berries
4	Apples
4	Kiwifruits
4 ½	Bananas
3	Medjool dates
¾	Lemon
Milk and dairy products	
3 ¼ cups	Greek yoghurt
¾ cup	Ricotta
2 ¼ cups	Low fat milk
3 cups	Skim milk
6 tsp	Parmesan cheese
5 ½ tbsp	Low fat cottage cheese
6 tbsp	Reduced fat feta
* Add 4 tsp of any cheese of your choice for the Easy Tuna bake for one recipe	

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<b>Grains, Bread, Noodles and Wraps</b>	
1 cup	Barley
2	Wholemeal or Gluten free English muffins
¾ cup	Breadcrumbs
4 thin slices	Grainy or Gluten free bread
¾ cup	Quinoa
½ cup	Wholemeal or gluten free spaghetti
<b>Proteins (Meat, Poultry, Fish, seafood, tofu, etc.)</b>	
1 cup (250g)	Silken tofu
1/3 cup (85g)	Firm tofu
8	Eggs
3 cups (310g)	Chicken breast
2/3 cup (150g)	Tuna
½ cup (115g)	Canned tuna
10	Prawns
<b>Nuts, Seeds and Spices</b>	
1 ½ tbsp	Pine nuts
3 tbsp	Mixed seeds
¾ tsp	Cinnamon
2 ¼ tsp	Oregano
½ tsp	Thyme
½	Red chilli pepper
¼ tbsp	Sesame seeds
4 tsp	Wholegrain mustard
1 tsp	Cajun seasoning
2 tsp	Italian herbs
<b>Others</b>	
6 ½ tbsp	Olive oil
4 tsp	Protein powder
1 ½ tsp	Honey
8	Vanilla beans
2 tbsp	Rice malt syrup
3 tbsp	Cacao powder
3 tbsp	Nut butter
½ cup	Hummus
½ tsp	White vinegar
5 tbsp	Tamari sauce
1 sachet	Natvia sugar/ Stevia
1 tbsp	Plain or gluten free flour