

FOOD & MOOD

COACHING

SHOPPING LIST (VEGETARIAN)

PHASE 2 WEEK 12

Week 12 - Veggies, Roots and Herbs	
5	Carrots
9 ½ cups	Button mushrooms
2 ½ cups	Baby spinach
3 cups	Spinach *
2 2/3	Red capsicums
1	Green capsicum
5	Spring onions
1 2/3 cups	Bean sprouts
3 tbsp	Coriander
1 ½ cups	Onion
4	Garlic cloves
1 stalk	Celery
3 ½ tbsp	Parsley
2 tsp	Capers
2 cups	Baby rocket *
4 cups	Rocket *
1 cup	Tomatoes
4	Cherry tomatoes
4	Zucchini
2 cups	Green beans
2 cups	Green peas
2 ½ cups	Sweet potatoes
1	Leek
1 cup	Edamame
1 cup	Corn kernels
1 ½ tbsp	Shallots
1 1/3 cup	Broccoli *
2 cups	Snow peas

* Note: You can add more of these vegetables to serve as sides for the meals



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Week 12 - Fruits and Fruit Juices	
1 1/8	Avocados
1 1/4	Lemons
2 tsp	Lemon juice
2 tsp	Lemon zest
1 cup	Blueberries
4	Kiwifruits
7	Bananas
6	Dates
3 tbsp	Goji berries
2	Limes
Week 12 - Milk and dairy products	
2 2/3 cup	Non-fat or Greek yoghurt
3 cups	Almond milk
1/8 cup	Reduced fat ricotta
1/2 cup	Reduced fat feta
2 1/2 tbsp	Soft goat cheese
Week 12 - Grains, Bread, Noodles and Wraps	
1 cup	Brown rice
1 slice	Grainy or gluten free bread
2 slices	Turkish or gluten free bread
4 1/2 tbsp	Rolled oats
2/3 cup	Wholemeal or gluten free pasta bows
2/3 cup	Wholemeal or gluten free pasta penne
2/3 cup	Rice vermicelli noodles



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Week 12 - Nuts, Seeds and Spices	
1 ¼ cups	Walnuts
2 ¾ tsp	Cinnamon
3 tsp	Chilli flakes
2/3 tsp	Cumin
2 tsp	Thyme
½ tsp	Nutmeg (optional)
Week 12 - Others	
½ tbsp	Olive oil
	Olive oil spray
4 ½ tbsp	Dark cocoa
3 tsp	Vanilla extract
6 tsp	Spirulina powder
½ cup	Stevia
1 ¾ tsp	Honey or maple syrup
3 ½ tbsp	Tamari sauce

