

FOOD & MOOD

Phase 1 Shopping lists Standard (February – April 2022)

Food & Mood Week 2 Standard Shopping List

Veggies, Roots and Herbs	
2 medium (300g)	Sweet potatoes
3	Cucumbers
2 ¼	Red onions
1 ½ cup	Chickpeas
4 cups (8)	Carrots
6 ½ cups	Baby spinach
3 cups	Spinach
9	Garlic cloves
3 ½ cups	Mushrooms
6	Field mushrooms
5 cups (5 medium)	Potato
5 tsp	Basil
1 tsp	Chives
2/3 cup	Parsley
6 cups	Kale
4 cups	Frozen peas
1 cup	Snow peas
2 2/3 cups	Silverbeet
1 cup	Romaine lettuce
¼ small head	Red cabbage
1	Red or yellow capsicum
1 tbsp	Shallots
2 tsp (1 small)	Ginger
6 2/3 cups (2 medium heads)	Broccoli
12	Asparagus spears
½ cup	Cannellini beans
1 ½ cup (1 ½ medium)	Leeks
10 cups	Rocket
1 cup	Mixed salad
2 2/3 cups (1/2 large head)	Cos lettuce
½ cup	Dill
2 small	Zucchini
2 stalks	Celery
Fruits and Fruit Juices	
4 ½	Lemons
2 tbsp	Lemon juice
½	Lime
4	Avocados
4 ½	Bananas
3 ½	Apples
2	Mandarins
1 ½	Apples
3	Kiwifruits
Milk and dairy products	
3/4 cups	Reduced fat feta
6 cups	Almond milk
3 cups	Low-fat/soy/almond milk (for green oatmeal recipe)

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1 ½ cups	Ricotta
2 tbsp	Greek yoghurt
Grains, Bread, Noodles and Wraps	
1 slice	Grainy or Gluten free bread
8	Soy and linseed corn cakes
½ cup	Brown rice
4	Pita wraps
5 tbsp	Freekeh
1 cup	Rolled/instant/gluten free oats
Proteins (Meat, Poultry, Fish, seafood, tofu, etc.)	
8	Eggs
1 cup (250g)	Firm tofu
1 cup (120g)	Chicken breast
2 cans	Canned tuna
2 (80g each)	Salmon fillets
Nuts, Seeds and Spices	
1 tsp	Oregano
1 tsp	Cumin
6 tbsp	Chia seeds
1 ¼ tbsp	Wholegrain mustard
¼ cup	Almonds
3 tsp	Cinnamon
Others	
4 tbsp	Olive oil
	Olive oil spray
1 tbsp	Hummus
12 tsp	Maple syrup/ honey
6 tsp	Spirulina powder
¾ tsp	Greens powder/spirulina/wheatgrass powder (optional for green oatmeal recipe)
2 ¼ tbsp	Balsamic vinegar
2 tbsp	Tamari sauce
2 cups	Vegetable stock