

FOOD & MOOD

COACHING

SHOPPING LIST (STANDARD)

PHASE 2 WEEK 9

Week 9 - Veggies, Roots and Herbs	
3 ½ cups	Onion
5 ½	Tomatoes
3 tsp	Ginger
8	Garlic cloves
5	Red capsicums
4 cups	Kale *
3 cups	Silver beet
2 cups	Corn kernels
2	Zucchini
6 ½ cups	Rocket
½ cup	Cucumber
2 cups	Cos lettuce
2	Tomatoes
1 cup	Cherry tomatoes
2 ½ cups	Lebanese cucumber
¼ cup	Olives
1 cup	Frozen peas
¼ cup	Coriander
1 cup	Baby spinach *
2 2/3 cups	Cannellini beans
4 ½ cups	Potatoes
2	Sweet potatoes
2 tbsp	Chives
5 cups	Broccoli/ Cauliflower *

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



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Week 9 - Fruits and Fruit Juices	
4	Avocados
1 cup	Blueberries
1/3 cup	Raspberries
1 cup	Pineapple
1 cup	Goji berries
3 cups	Coconut water
3	Green apples
5 ½	Lemons
Week 9 - Milk and dairy products	
2 cups	Greek or non-fat plain yoghurt
4 cups	Almond milk
1 cup	Low fat ricotta
2 tbsps	Low fat feta
Week 9 - Grains, Bread, Noodles and Wraps	
3 slices	Gluten free bread
1 cup	Quinoa
½ cup	Rolled or gluten free oats
2	Wholemeal or gluten free pita bread



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Week 9 - Proteins (Meat, Poultry, Fish, seafood, tofu, etc.)	
4	Eggs
4	Egg whites
¾ cup	Lentils
1 cup	Smoked salmon
3 cups	Chicken breast
10 (110g)	Prawns
Week 9 - Nuts, Seeds and Spices	
1 cup	Almonds
2 tbsp	Chia seeds
2	Red chilli
1 ¼ tsp	Paprika
1 ¼ tsp	Cumin
2 tbsp	Sesame seeds
2 tsp	Rosemary
2 tsp	Wholegrain mustard
Week 9 - Others	
6 tbsp	Olive oil
	Olive oil spray
1 ½ tbsp	Almond butter
½ cup	85% cocoa dark chocolate
2/3 cup	Honey/ Manuka honey
½ tsp	Vanilla extract
2 ½ tbsp	Balsamic vinegar

