

# FOOD & MOOD

Phase 1 Shopping lists Vegetarian (February – April 2022)

## Food & Mood Week 2 Vegetarian Shopping List

Veggies, Roots and Herbs	
1 ½	Cucumbers
1	Lebanese cucumber
4	Red onions
1 ½ cup	Chickpeas
4	Carrots
5 ½ cups	Baby spinach
3 cups	Spinach
11	Garlic cloves
3 ½ cups	Mushrooms
6	Field mushrooms
5 cups (5)	Potatoes
1 tsp	Basil
1 tsp	Chives
1/3 cup	Parsley
6 cups	Kale
3 2/3 cups	Frozen peas
2 2/3 cups	Silverbeet
1 cup	Romaine lettuce
¼ small head	Red cabbage
1	Red or yellow capsicum
1 cup (1)	Green capsicum
1 tbsp	Shallots
2 tsp (1 small)	Ginger
6 cups (2 heads)	Broccoli
8	Asparagus spears
½ cup	Cannellini beans
1 ½ cup (1 1/2)	Leek
8 cups	Rocket
1 cup	Mixed salad
1 cup	Soya beans
2 cups	Corn kernels
3 cups (3)	Tomatoes
½ cup	Kidney beans
1 ½ cups	Borlotti beans
3 tbsp	Coriander
2 cups (2 medium)	Zucchini
2 cups (1/2 large head)	Cos lettuce
Fruits and Fruit Juices	
5	Lemons
½	Lime
3 ½	Avocado
4 ½	Bananas
3	Apples
3 ½	Green apples
2	Mandarins
3	Kiwifruits

# FOOD & MOOD

## Phase 1 Shopping lists Vegetarian (February – April 2022)

<b>Milk and dairy products</b>	
1 1/3 cups	Reduced fat feta
6 cups	Almond milk
3 cups	Low-fat/soy/almond milk (for green oatmeal recipe)
2 cups	Ricotta
<b>Grains, Bread, Noodles and Wraps</b>	
1 slice	Grainy or Gluten free bread
8	Soy and linseed corn cakes
½ cup	Brown rice
1 cup	Polenta
1 cup	Rolled/gluten free/instant oats
<b>Proteins (Meat, Poultry, Fish, seafood, tofu, etc.)</b>	
8	Eggs
1 cup (250g)	Firm tofu
<b>Nuts, Seeds and Spices</b>	
1 tsp	Oregano
1 ½ tsp	Cumin
6 tbsp	Chia seeds
2 tbsp	Rosemary
½ tsp	Chilli flakes
5 tbsp	Almonds
1 tsp	Dijon mustard
3 tsp	Cinnamon
<b>Others</b>	
3 ½ tbsp	Olive oil
	Olive oil spray
1 tbsp	Hummus
6 tsp	Maple syrup
8 tsp	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
4 tsp	Apple cider vinegar