

FOOD & MOOD

COACHING

SHOPPING LIST (STANDARD) - WEEK 2

Vegetables, Roots and Herbs	
220 g	Artichoke hearts
100-110 g	Baby spinach
40 g	Sundried tomatoes
21 pcs (1/2 to 1 bunch)	Medium asparagus spears
630 g (3 small heads)	Broccoli
190 g (2 medium or 1 large)	Onion
4 pcs	Garlic clove
380g (2 cans)	Canned chickpeas
1 pc	Red chilli
40 g	Iceberg lettuce
6 pcs	Carrot
100 g (1 pc)	Red capsicum
15 g	Coriander
1-1/3 cup	Frozen green peas
120 g	Sugar snap peas
36g	Mint
280 g (5 pcs)	Roma Tomato
450g	Frozen spinach
1	Spring onion
400 g (6 cups or 2 bunches)	Kale
60g	English Spinach
300g (1/3 large head)	Cauliflower
1 cup	Lettuce
220g (2 pcs)	Beetroot
4	Brussel sprouts
1 cup	Red cabbage
50g	Snow peas
13 pcs	Cherry tomatoes
190 g	Canned lentils
310 g	Green beans
2 pcs	Baby potato
100 g	Cos lettuce
80 g	Rocket
Fruits and Fruit Juices	
1/2	Lime
1-1/2 pc	Lemon
300g (3 small pcs)	Banana
6 pcs	Dates
60 g	Raspberries (fresh or frozen)
1 cup	Canned pineapple
2/3	Avocado
1	Medium orange
Dairy, Milk and Cheese	
460 g	Low fat cottage cheese



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385 g	Reduced fat feta
7 cups (1.7 L)	Almond milk
40 g	Parmesan cheese
200 g	Low fat ricotta
Grains, Bread, Noodles and Wraps	
4 pcs	Thin slice wholemeal bread/ Gluten free bread
30 g	Brown rice
80 g	Breadcrumbs
1 pc	Wholemeal pita bread
20 g	Wild rice
Proteins, Meat, Fish and Poultry	
240 g	Chicken breast
17 pcs	Eggs
50 g	Firm tofu
200g (2 cans)	Tinned salmon
70 g	Lean Beef fillet
2 cans	Tuna in spring water
Nuts, Seeds and Spices	
2 tbsp	Sweet chilli
48 g	Unsalted peanuts
8 g	Sunflower seeds
2 tsp	Chilli flakes
1 tsp	Curry powder
1 tsp	Turmeric
1 tsp	Cumin
10 g	Hazelnuts
2 tsp	Wholegrain mustard
60g	Walnuts
Others	
3 ½ (sprays)	Olive spray
3 tbsp	Extra virgin Olive oil
4 tsp	Peanut butter
1 ½ tbsp	Miso paste
2 tbsp	Balsamic Vinaigrette
2 tsp	Balsamic vinegar
2 tsp	Honey

