

# FOOD & MOOD

## COACHING

### SHOPPING LIST (STANDARD)

#### PHASE 2 WEEK 7

Week 7 - Veggies, Roots and Herbs		
18		Cherry tomatoes
2 cups		Rocket
2/3 cup		Cannellini beans
4 tsp		Basil
6		Sweet potatoes
1 ½ cups		Baby spinach *
½ cup		Spinach
3 cups		Kale
1 cup		Button mushrooms
1 ½ cups		Broccoli *
5 - 6		Red onions
3 ½		Tomatoes
1 cup		Canned diced tomatoes
2 tbsp		Ginger
2/3 cup		Cauliflower
4 stalks		Celery
4 cups		Carrot
2 2/3 cups		Cucumber
4		Garlic cloves
1 cup		Potato
1 cup		Red kidney beans
2/3 cup		Zucchini

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



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Week 7 - Fruits and Fruit Juices	
5 ¾ cups	Strawberries
3 ¼ cups	Blueberries
1 ½ cup	Mixed berries
1 ½	Limes
3	Avocados
1 ½	Lemons
4	Bananas
1 ½ cups	Pineapple chunks
3	Green apples
1	Red apple
1 ½ cups	Coconut water
3 tbsp	Desiccated coconut
4	Kiwifruits
Week 7 - Milk and Dairy Products	
3 ½ cups	Almond milk
2/3 cup	Reduced fat feta
1 cup	Coconut milk, reduced fat
Week 7 - Grains, Bread, Noodles and Wraps	
¾ cup	Quinoa
1 1/3 cup	Brown rice
3 small	Wholemeal or Gluten free pita wrap
4	Grainy or gluten free bread



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Week 7 - Proteins (Meat, Poultry, Fish, seafood, tofu, etc.)	
6	Eggs
10	Egg whites
2 cups	Chickpeas
1 1/3 cups	Tuna
1 1/3 c	Chicken breast
3/4 cup	Turkey mince
5 tbsp	Lentils
Week 7 - Nuts, Seeds and Spices	
1 cup	Chia seeds
1 1/2 cups	Hazelnuts
1 tsp	Cinnamon
1/2 tsp	Red Chilli
1 tsp	Cumin
2 tbsp	Wholegrain mustard
1 tsp	Oregano
Week 7 - Others	
3 tbsp	Olive oil
	Olive oil spray
3 tbsp	Honey
2 tsp	Stevia
3 tbsp	Protein powder
1/2 cup	Chicken stock
2 tbsp	Balsamic vinaigrette

