

# FOOD & MOOD

## COACHING

### SHOPPING LIST (STANDARD) - WEEK 5

Vegetables, Roots and Herbs	
10 pcs	Cherry tomatoes
260 g (1 bunch)	Rocket
2 cans	Canned Cannellini beans
4 g (4tbsp)	Fresh basil
3 cups	Kale
6-7 small pcs	Carrot
4 small pcs	Cucumber
12 pcs	Cherry tomatoes
½ cup	Kalamata olives
4-5 small or medium pcs	Red onion
1 pc	Garlic clove
60 g	Baby corn
100 g	Bok choy
¾ cup	Parsley
1 ½ cup (200 g or 1 small head)	Broccoli
½ cup	Mixed salad
1 cup	Lebanese cucumber
12 g	Fresh Mint
1 ½ cup	Field mushrooms
100 g	Button mushrooms
4 pcs	Asparagus spears
1 ½ pc	Red capsicum
45 g	Lentils
400 g	Eggplant
200 g (1-2 small pcs)	Zucchini
4 large pcs	Tomatoes
200 g (2-4 pcs)	Roma Tomatoes
400 g	Canned tomato
310 g (1-2 cans)	Canned chickpeas
140 g	Pitted olives in oil
20 g	Capers
Fruits and Fruit Juices	
1 pc	Avocado
2 ½ pcs	Lemon
110 g	Raspberries, fresh or frozen
½ cup	Canned pineapple
150 g	Blueberries
225 g	Dried apples
30 g	Dates
1 ½ pc	Banana
16 g (2 tbsp)	Sultanas
Dairy, Milk and Cheese	
3 cups	Unsweetened almond milk
310 g	Low fat ricotta
460 g	Non-fat yoghurt



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150 g	<b>Reduced fat feta</b>
1 cup	<b>Light evaporated milk OR Coconut milk</b>
50 g	<b>50% reduced fat grated cheese</b>
<b>Grains, Bread, Noodles and Wraps</b>	
60 g	<b>Quinoa</b>
60 g	<b>Brown rice</b>
<b>Proteins, Meat, Fish and Poultry</b>	
14	<b>Egg whites</b>
2 pcs	<b>Eggs</b>
600 g	<b>Silken tofu</b>
200 g	<b>Chicken breast</b>
170 g	<b>Salmon</b>
100 g	<b>Lean boneless veal</b>
<b>Nuts, Seeds and Spices</b>	
2 ½ tbsp	<b>Walnuts</b>
35	<b>Almonds</b>
1 ¼ tsp	<b>Cinnamon</b>
1 ¼ tsp	<b>Nutmeg</b>
120 g	<b>Mixed seeds</b>
½ tsp	<b>Basil</b>
1 tsp	<b>Cumin</b>
½ tsp	<b>Dried thyme</b>
1 tsp	<b>Oregano</b>
<b>Others</b>	
2 tsp	<b>Peanut butter</b>
15 g	<b>Protein powder</b>
9 g	<b>Vanilla beans</b>
8 tbsp	<b>Hummus</b>
10 ½ tbsp (147 ml)	<b>Extra virgin Olive oil</b>
2 tbsp	<b>Green curry paste</b>
2 tsp	<b>Honey</b>
2 tsp	<b>Harissa</b>
1 ½ tbsp	<b>Balsamic vinegar</b>

