

FOOD & MOOD

COACHING

SHOPPING LIST (STANDARD)

PHASE 2 WEEK 12

Week 12 - Veggies, Roots and Herbs	
7	Carrots *
3 cups	Button mushrooms
2 ½ cups	Baby spinach *
3 cups	Spinach
1 2/3	Red capsicums
3	Spring onions
2/3 cup	Bean sprouts
4 tsp	Coriander
2 cups	Onion
5	Garlic cloves
1 stalk	Celery
3 ½ tbsp	Parsley
2 tbsp	Capers
6 cups	Baby rocket *
1 cup	Tomatoes
9	Zucchini
2 cups	Green beans
2 cups	Green peas
2 ½ cups	Sweet potatoes
1	Leek
2 cups	Eggplant
1 can	Mixed beans
1 ½ cup	Green beans
3 cups	Cherry tomatoes
1 cup	Corn kernels
1 ½ tbsp	Shallots
1 1/3 cup	Broccoli *
2 cups	Snow peas

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



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Week 12 - Fruits and Fruit Juices	
2	Avocados
3	Lemons
1 cup	Blueberries
4	Kiwifruits
7	Bananas
6	Dates
3 tbsp	Goji berries
1 tbsp	Lemon juice
Week 12 - Milk and dairy products	
2 2/3 cup	Non-fat or Greek yoghurt
3 cups	Almond milk
1/8 cup	Reduced fat ricotta
¾ cup	Reduced fat feta
Week 12 - Grains, Bread, Noodles and Wraps	
1 cup	Brown rice
1 slice	Grainy or gluten free bread
2 slices	Turkish or gluten free bread
4 ½ tbsp	Rolled oats
2/3 cup	Wholemeal or gluten free pasta bows
½ cup	Quinoa
2/3 cup	Rice vermicelli noodles



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1 slice	Grainy or gluten free bread
2 slices	Turkish or gluten free bread
4 ½ tbsp	Rollled oats
2/3 cup	Wholemeal or gluten free pasta bows
½ cup	Quinoa
Week 12 - Proteins (Meat, Poultry, Fish, seafood, tofu, etc.)	
2 ½ cups	Lentils
3	Eggs
20	Egg whites
2 cups	Firm tofu
½ cup	Fresh Tuna
2 cans	Canned tuna
1 1/3 cup	Chicken breast
½ cup (100g)	Sirloin steak
Week 12 -Nuts, Seeds and Spices	
1 ¼ cups	Walnuts
2 ¾ tsp	Cinnamon
2 ½ tsp	Chilli flakes
1 ½ tsp	Cumin
1 tsp	Dried oregano
1 tsp	Dried thyme
1 tsp	Dijon mustard
½ tsp	Nutmeg (optional)



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Week 12 - Others	
4 ½ tbsp	Olive oil
	Olive oil spray
4 ½ tbsp	Dark cocoa
3 tsp	Vanilla extract
6 tsp	Spirulina powder
4 tbsp	Stevia
2 ¾ tsp	Honey or maple syrup
½ tbsp	Balsamic vinaigrette
2 cups	Vegetable stock

