**Food & Mood Week 1 Standard Shopping List**

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| Veggies, Roots and Herbs | |
| 1 cup | Cherry tomatoes |
| 5 cups | Kale |
| 3 cups (1 medium head) | Cauliflower |
| 4 cups (2 heads) | Broccoli |
| 2/3 cup | Basil |
| 3 cups | Spinach |
| 1 ¼ cup | Baby spinach |
| ½ cup | Fresh mint |
| 7 cups (3 ½) | Carrots |
| 5 | Tomatoes |
| ½ cup | Sundried tomatoes |
| 1 ½ cup | Canned diced tomatoes |
| 1 cup (1 1/3) | Beetroot |
| 1 | Brown onion |
| 1 | Red onion |
| 6 | Garlic cloves |
| 3 cups (3 medium) | Zucchini |
| 4 | Spring onions |
| 2 tsp | Coriander |
| 4 | Asparagus spears |
| 1 ¼ cup | Button mushrooms |
| 1 tsp (1 small) | Ginger |
| 3 cups (6 stalks) | Celery |
| 5 cups (6 ¼) | Sweet potatoes |
| 2 ½ cups (3 medium) | Cucumber |
| 2 handfuls | Kalamata olives |
| 1 1/3 cups | Green beans |
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| Fruits and Fruit Juices | |
| 3 | Avocados |
| ½ | Apple |
| 12 | Strawberries |
| ½ cup | Mixed berries |
| 4 | Apples |
| 4 | Kiwifruits |
| 4 ½ | Bananas |
| 3 | Medjool dates |
| ¾ | Lemon |
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| Milk and dairy products | |
| 3 ¼ cups | Greek yoghurt |
| ¾ cup | Ricotta |
| 2 ¼ cups | Low fat milk |
| 3 cups | Skim milk |
| 6 tsp | Parmesan cheese |
| 5 ½ tbsp | Low fat cottage cheese |
| 6 tbsp | Reduced fat feta |
| *\* Add 4 tsp of any cheese of your choice for the Easy Tuna bake for one recipe* | |
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| Grains, Bread, Noodles and Wraps | |
| 1 cup | Barley |
| 2 | Wholemeal or Gluten free English muffins |
| ¾ cup | Breadcrumbs |
| 4 thin slices | Grainy or Gluten free bread |
| ¾ cup | Quinoa |
| ½ cup | Wholemeal or gluten free spaghetti |
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| Proteins (Meat, Poultry, Fish, seafood, tofu, etc.) | |
| 1 cup (250g) | Silken tofu |
| 1/3 cup (85g) | Firm tofu |
| 8 | Eggs |
| 3 cups (310g) | Chicken breast |
| 2/3 cup (150g) | Tuna |
| ½ cup (115g) | Canned tuna |
| 10 | Prawns |
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| Nuts, Seeds and Spices | |
| 1 ½ tbsp | Pine nuts |
| 3 tbsp | Mixed seeds |
| ¾ tsp | Cinnamon |
| 2 ¼ tsp | Oregano |
| ½ tsp | Thyme |
| ½ | Red chilli pepper |
| ¼ tbsp | Sesame seeds |
| 4 tsp | Wholegrain mustard |
| 1 tsp | Cajun seasoning |
| 2 tsp | Italian herbs |
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| Others | |
| 6 ½ tbsp | Olive oil |
| 4 tsp | Protein powder |
| 1 ½ tsp | Honey |
| 8 | Vanilla beans |
| 2 tbsp | Rice malt syrup |
| 3 tbsp | Cacao powder |
| 3 tbsp | Nut butter |
| ½ cup | Hummus |
| ½ tsp | White vinegar |
| 5 tbsp | Tamari sauce |
| 1 sachet | Natvia sugar/ Stevia |
| 1 tbsp | Plain or gluten free flour |