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

|  |  |
| --- | --- |
| Veggies, Roots and Herbs | |
| 1 cup | Cherry tomatoes |
| 1 cup | Kale |
| 5 cups (2 medium heads) | Cauliflower |
| 6 ¼ cups (3 ½ heads) | Broccoli |
| ¾ tsp | Basil |
| 6 cups | Spinach |
| 1 cup | Baby spinach |
| ½ cup | Fresh mint |
| 5 | Carrots |
| 1 | Tomato |
| ½ cup | Sundried tomatoes |
| 1 cup (1 1/3) | Beetroot |
| 3 cups (1 ½) | Brown onions |
| 1 cup | Red onion |
| 9 | Garlic cloves |
| ½ | Zucchini |
| ¼ | Spring onion |
| 2 tsp | Coriander |
| 4 | Asparagus spears |
| 7 ¼ cups | Button mushrooms |
| 3 cups (1 medium) | Eggplant |
| 1 ½ cups | Chickpeas |
| 1 cup (1 large) | Tomatoes |
| 3 cups | Frozen green peas |
| 2/3 cup | Lentils |
| 3 tbsp (1 small stalk) | Celery |
| ½ | Leek |
| 1/3 tbsp | Parsley |
| 2 tbsp | Red kidney beans |
|  |  |
| Fruits and Fruit Juices | |
| 2 ½ | Avocados |
| 12 | Strawberries |
| ½ cup | Mixed berries |
| 4 | Apples |
| 4 | Kiwifruits |
| 4 ½ | Bananas |
| 3 | Medjool dates |
| ½ | Lemon |
|  |  |
| Milk and dairy products | |
| 4 ¼ cups | Greek yoghurt |
| 1 ¼ cup | Reduced fat ricotta |
| 3 ¼ cups | Low fat milk |
| 3 cups | Skim milk |
| 3 ½ tbsp | Parmesan cheese |
| ¾ cup | Low fat cottage cheese |
| 2 tbsp | Feta cheese |
|  |  |
|  |  |
|  |  |
| 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 |
| ½ cup | Quinoa |
| 2 | Wholemeal or Gluten free pita pockets |
| ¾ cup | Arborio rice |
| 6 tbsp | Brown rice |
|  |  |
| Proteins (Meat, Poultry, Fish, seafood, tofu, etc.) | |
| 1 ½ cup (370g) | Silken tofu |
| 1/3 cup (85g) | Firm tofu |
| 9 | Eggs |
|  |  |
| Nuts, Seeds and Spices | |
| 1 ½ tbsp | Pine nuts |
| 3 tbsp | Mixed seeds |
| ¾ tsp | Cinnamon |
| 3 ½ tsp | Oregano |
| 2 ¼ tbsp | Thyme |
| ½ | Red chilli pepper |
| ¼ tbsp | Sesame seeds |
| 1 tsp | Coriander seeds |
| 1 tsp | Cumin seeds |
| 1 tsp | Fennel seeds |
| ½ tsp | Smoked paprika |
| 1 tsp | Italian herbs |
| ½ tsp | Mixed herbs |
|  |  |
| Others | |
| ½ cup | 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 |
| 1 tbsp | Tamari sauce |
| 1 sachet | Natvia sugar |
| 1 ½ tbsp | Plain or gluten free flour |
| 4 ¾ cups | Vegetable stock |
| ¼ cup | Tomato paste |