**Food & Mood Week 2 Standard Shopping List**

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| Veggies, Roots and Herbs | |
| 2 medium (300g) | Sweet potatoes |
| 3 | Cucumbers |
| 2 ¼ | Red onions |
| 1 ½ cup | Chickpeas |
| 4 cups (8) | Carrots |
| 6 ½ cups | Baby spinach |
| 3 cups | Spinach |
| 9 | Garlic cloves |
| 3 ½ cups | Mushrooms |
| 6 | Field mushrooms |
| 5 cups (5 medium) | Potato |
| 5 tsp | Basil |
| 1 tsp | Chives |
| 2/3 cup | Parsley |
| 6 cups | Kale |
| 4 cups | Frozen peas |
| 1 cup | Snow peas |
| 2 2/3 cups | Silverbeet |
| 1 cup | Romaine lettuce |
| ¼ small head | Red cabbage |
| 1 | Red or yellow capsicum |
| 1 tbsp | Shallots |
| 2 tsp (1 small) | Ginger |
| 6 2/3 cups (2 medium heads) | Broccoli |
| 12 | Asparagus spears |
| ½ cup | Cannellini beans |
| 1 ½ cup (1 ½ medium) | Leeks |
| 10 cups | Rocket |
| 1 cup | Mixed salad |
| 2 2/3 cups (1/2 large head) | Cos lettuce |
| ½ cup | Dill |
| 2 small | Zucchinis |
| 2 stalks | Celery |
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| Fruits and Fruit Juices | |
| 4 ½ | Lemons |
| 2 tbsp | Lemon juice |
| ½ | Lime |
| 4 | Avocados |
| 4 ½ | Bananas |
| 3 ½ | Apples |
| 2 | Mandarins |
| 1 ½ | Apples |
| 3 | Kiwifruits |
| Milk and dairy products | |
| 3/4 cups | Reduced fat feta |
| 6 cups | Almond milk |
| 3 cups | Low-fat/soy/almond milk (for green oatmeal recipe) |
| 1 ½ cups | Ricotta |
| 2 tbsp | Greek yoghurt |
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| Grains, Bread, Noodles and Wraps | |
| 1 slice | Grainy or Gluten free bread |
| 8 | Soy and linseed corn cakes |
| ½ cup | Brown rice |
| 4 | Pita wraps |
| 5 tbsp | Freekeh |
| 1 cup | Rolled/instant/gluten free oats |
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| Proteins (Meat, Poultry, Fish, seafood, tofu, etc.) | |
| 8 | Eggs |
| 1 cup (250g) | Firm tofu |
| 1 cup (120g) | Chicken breast |
| 2 cans | Canned tuna |
| 2 (80g each) | Salmon fillets |
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| Nuts, Seeds and Spices | |
| 1 tsp | Oregano |
| 1 tsp | Cumin |
| 6 tbsp | Chia seeds |
| 1 ¼ tbsp | Wholegrain mustard |
| ¼ cup | Almonds |
| 3 tsp | Cinnamon |
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| Others | |
| 4 tbsp | Olive oil |
|  | Olive oil spray |
| 1 tbsp | Hummus |
| 12 tsp | Maple syrup/ honey |
| 6 tsp | Spirulina powder |
| ¾ tsp | Greens powder/spirulina/wheatgrass powder (optional for green oatmeal recipe) |
| 2 ¼ tbsp | Balsamic vinegar |
| 2 tbsp | Tamari sauce |
| 2 cups | Vegetable stock |
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