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

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| Veggies, Roots and Herbs | |
| 1 ½ | Cucumbers |
| 1 | Lebanese cucumber |
| 4 | Red onions |
| 1 ½ cup | Chickpeas |
| 4 | Carrots |
| 5 ½ cups | Baby spinach |
| 3 cups | Spinach |
| 11 | Garlic cloves |
| 3 ½ cups | Mushrooms |
| 6 | Field mushrooms |
| 5 cups (5) | Potatoes |
| 1 tsp | Basil |
| 1 tsp | Chives |
| 1/3 cup | Parsley |
| 6 cups | Kale |
| 3 2/3 cups | Frozen peas |
| 2 2/3 cups | Silverbeet |
| 1 cup | Romaine lettuce |
| ¼ small head | Red cabbage |
| 1 | Red or yellow capsicum |
| 1 cup (1) | Green capsicum |
| 1 tbsp | Shallots |
| 2 tsp (1 small) | Ginger |
| 6 cups (2 heads) | Broccoli |
| 8 | Asparagus spears |
| ½ cup | Cannellini beans |
| 1 ½ cup (1 1/2) | Leek |
| 8 cups | Rocket |
| 1 cup | Mixed salad |
| 1 cup | Soya beans |
| 2 cups | Corn kernels |
| 3 cups (3) | Tomatoes |
| ½ cup | Kidney beans |
| 1 ½ cups | Borlotti beans |
| 3 tbsp | Coriander |
| 2 cups (2 medium) | Zucchini |
| 2 cups (1/2 large head) | Cos lettuce |
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| Fruits and Fruit Juices | |
| 5 | Lemons |
| ½ | Lime |
| 3 ½ | Avocado |
| 4 ½ | Bananas |
| 3 | Apples |
| 3 ½ | Green apples |
| 2 | Mandarins |
| 3 | Kiwifruits |
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| Milk and dairy products | |
| 1 1/3 cups | Reduced fat feta |
| 6 cups | Almond milk |
| 3 cups | Low-fat/soy/almond milk (for green oatmeal recipe) |
| 2 cups | Ricotta |
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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 |
| 1 cup | Polenta |
| 1 cup | Rolled/gluten free/instant oats |
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| Proteins (Meat, Poultry, Fish, seafood, tofu, etc.) | |
| 8 | Eggs |
| 1 cup (250g) | Firm tofu |
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| Nuts, Seeds and Spices | |
| 1 tsp | Oregano |
| 1 ½ tsp | Cumin |
| 6 tbsp | Chia seeds |
| 2 tbsp | Rosemary |
| ½ tsp | Chilli flakes |
| 5 tbsp | Almonds |
| 1 tsp | Dijon mustard |
| 3 tsp | Cinnamon |
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| Others | |
| 3 ½ tbsp | Olive oil |
|  | Olive oil spray |
| 1 tbsp | Hummus |
| 6 tsp | Maple syrup |
| 8 tsp | 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 |
| 4 tsp | Apple cider vinegar |
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