**Food & Mood Week 3 Standard Shopping List**

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| Veggies, Roots and Herbs | |
| 4 cups (4 medium) | Tomatoes |
| 8 cups | Baby spinach |
| 4 | Garlic cloves |
| 1 cup | Basil |
| 3 | Carrots |
| 4 ¼ cups (5) | Beetroots |
| 1 ½ cups (2) | Parsnips |
| 1 ½ cups (2 small) | Turnips |
| 1 ½ cup (2 medium) | Sweet potatoes |
| 2 | Baby potatoes |
| 4 cups | Kale |
| 4 cups | Cherry tomatoes |
| 2 cups | Lentils |
| 5 cups | Rocket |
| 2 tbsp | Coleslaw mix |
| 3 cups | Red capsicum |
| 3 cups | Eggplant |
| 1 2/3 cup (2 medium) | Zucchinis |
| 2/3 cup (1/2 medium) | Red onion |
| 1 cup (1 small head) | Broccoli |
| 2/3 cup (1 medium) | Tomatoes |
| 20 | Kalamata olives |
| 1 cup (1/4 head) | Red cabbage |
| ½ cup | Snow peas |
| 4 tsp | Coriander |
| Fruits and Fruit Juices | |
| 4 | Bananas |
| 3 cups | Frozen mixed berries |
| 2/3 cup | Mango |
| ¼ cup | Coconut meat |
| 4 tbsp | Sultanas |
| 2 ½ cups | Blueberries |
| 3 ¼ cups | Strawberries |
| ¾ cup | Raspberries |
| 4 | Kiwifruits |
| 1 ½ | Lemon |
| 1 cup | Avocado |
| Milk and dairy products | |
| 1 cup | Almond milk |
| 1 2/3 cups | Low-fat/Non-fat milk |
| 1 ¼ cup | Reduced fat feta |
| 3 ½ tbsp | Low fat cottage cheese |
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| Grains, Bread, Noodles and Wraps | |
| 6 tbsp | Rolled or gluten free oats |
| 2 slices | Wholegrain or gluten free bread |
| 6 tbsp | Quinoa |
| ½ cup | Couscous\* |
| ¾ | Wholemeal or gluten free pita wrap |
| 6 tbsp | Brown rice |
| *\* Gluten free option: use quinoa or brown rice* | |
| Proteins (Meat, Poultry, Fish, seafood, tofu, etc.) | |
| 2 cups (500g) | Soft tofu |
| 4 | Eggs |
| 1 cup (180g) | Chicken breast |
| 1 ½ cup (200g) | Chicken thigh |
| 2/3 cup (170g) | Salmon |
| 2 cups (200g) | Tinned salmon |
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| Nuts, Seeds and Spices | |
| ½ cup | Almonds |
| 1 tbsp | Italian herbs mix |
| 1 tsp | Turmeric |
| 1 tsp | Cinnamon |
| 1 tsp | Cumin |
| ½ | Red chilli |
| ½ cup | Mixed seeds |
| 1 cup | Hazelnuts |
| 1 cup | Walnuts\* |
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| *\* Option to use hazelnuts or almonds for Mango Berry bliss snack recipe* | |
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| Others | |
| 5 ½ tbsp | Olive oil |
|  | Olive oil spray |
| 6 tsp | Honey |
| 2 tbsp | Tamari sauce |
| 4 tbsp | Nutritional yeast flakes |
| 4 tsp | Vanilla bean pods |
| 1 tsp | Vanilla extract |
| 1 tbsp | White wine vinegar |
| 3 tbsp | Red wine vinegar |
| 1 tbsp | Balsamic vinegar |
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