**Food & Mood Week 4 Standard Shopping List**

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| Veggies, Roots and Herbs | |
| 12 | Cherry tomatoes |
| 1 | Tomato |
| 3 | Roma tomatoes |
| 7 cups | Rocket |
| 1 cup | Cannellini beans |
| 2 cups | Fresh Basil |
| 2 cups | Spinach |
| 1 cup | Mixed salad |
| 1 cup (1 medium) | Cucumber |
| 4 | Red onions |
| 10 | Kalamata olives |
| 2 cups (1 medium head) | Cauliflower |
| 4 tsp | Coriander |
| 1 ½ | Red capsicums |
| 1 ½ | Green (or yellow) capsicums |
| ½ cup | Button mushrooms |
| 2/3 | Zucchini |
| 1 ½ tbsp (1 small) | Shallots |
| 3 cups (6) | Carrots |
| 3 cups | Chickpeas |
| 2 cups (2 medium) | Lebanese cucumbers |
| 4 | Spring onions |
| 2 tbsp | Parsley |
| 1 cup | Bok choy |
| 2 | Garlic cloves |
| 1 ½ cup (1 ½ medium) | Potatoes |
| 1 ½ cup | Baby potato |
| 1 ¾ cup (2 ½) | Beetroots |
| 1 1/3 cup | Baby green beans |
| ¼ cup | Snow peas |
| 3 cups | Watercress |
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| Fruits and Fruit Juices | |
| 4 | Bananas |
| 1 ¼ | Avocado |
| 1 | Lemon |
| 3 tbsp | Lemon juice |
| 12 | Dates |
| 1 ½ cup | Pineapple |
| 2 ½ cups | Mixed berries |
| ½ cup | Mango |
| 2 tbsp | Desiccated coconut |
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| Milk and dairy products | |
| 3 1/8 cups | Non-fat plain yoghurt |
| 2 ½ cups | Greek yoghurt |
| 3 cups | Almond milk |
| 1 ½ cup | Skim milk |
| 2/3 cup | Reduced fat feta |
| 1 cup | Low fat cottage cheese |
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| Grains, Bread, Noodles and Wraps | |
| 5 tbsp | Amaranth |
| 5 tbsp | Quinoa |
| 1 ¼ cups | Rolled oats |
| 4 slices | Grainy or gluten free bread |
| 1 1/3 cup | Brown rice |
| 1 cup | Freekeh |
| 2 cups | Wholegrain couscous |
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| Proteins (Meat, Poultry, Fish, seafood, tofu, etc.) | |
| 13 | Egg whites |
| 1 cup (250g) | Silken tofu |
| ¼ cup (50g) | Firm tofu |
| 3 ½ (115g each) | Chicken breasts |
| 2 (90g each) | Skinless salmon |
| 2 (100g each) | Salmon fillet |
| 1 cup (225g) | Beef eye fillet |
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| Nuts, Seeds and Spices | |
| 1 ¼ tsp | Cinnamon |
| 1 ¼ tsp | Nutmeg |
| 3/4 cup | Hazelnuts |
| 5 tbsp | Mixed seeds |
| 2 ¼ tbsp | Chia seeds |
| 1 tsp | Paprika |
| 2 ½ tsp | Cumin |
| 2 tsp | Moroccan spices |
| ½ | Red chilli pepper |
| 1 ½ tbsp | Rosemary |
| 2 tsp | Wholegrain mustard |
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| Others | |
| ½ cup | Olive oil |
|  | Olive oil spray |
| 3 tbsp | Honey or maple syrup |
| ¼ tbsp | Coconut flour |
| 6 tbsp | Protein powder |
| 4 tbsp | Psyllium husks |
| 4 tsp | Vanilla beans |
| 4 tbsp | Coconut chips |
| ½ cup | Tzatziki |
| 1 ½ tbsp | Tamari sauce |
| 3 tbsp | Balsamic vinegar |
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